

5 A Day Quantity Recipe Cookbook

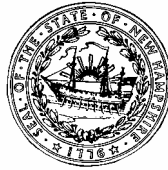
Produced through Team Nutrition Training funds by the
New Hampshire Department of Education,
Division of Program Support,
Bureau of Nutrition Programs and Services
in collaboration with the
New Hampshire Department of Health and Human Services,
Bureau of Nutrition and Health Promotion,
5 A Day for Better Health Program



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Fall 2003

Dear Food Service Directors and Other Interested Parties:

The number of obese students in the United States has increased dramatically over the past ten years. The leaders of our nation and of our state recognize that teaching our children good health habits, including good dietary habits for a lifetime, is key to addressing this problem. One place to teach children good dietary habits is through the United States Department of Agriculture's Child Nutrition Programs. Sponsors of the Child Nutrition Programs offer foods and meals that conform to the Dietary Guidelines for Americans, including a daily variety of fruits and vegetables.

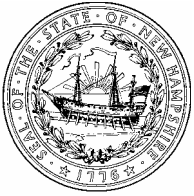
To assist schools in offering children a daily variety of fruits and vegetables and increasing children's consumption of fruits and vegetables, the New Hampshire Department of Education, Division of Program Support, Bureau of Nutrition Programs and Services in collaboration with the New Hampshire Department of Health and Human Services, Office of Community and Public Health, Bureau of Nutrition and Health Promotion, 5 A Day for Better Health Program is pleased to offer this "5 A Day Quantity Recipe Cookbook". The recipes offered in this cookbook are written in both quantity (using the familiar USDA quantity recipe format) and family size. The recipes utilize USDA commodity foods and New Hampshire produce and, most importantly, are kid tested. The cookbook appendices include:

- An index of all the recipes
- The original family size recipe
- Resources for nutrition education
- HAACP (Hazard Analysis at Critical Control Points) information
- A recipe feedback form for students

We recommend that you slowly introduce these recipes. Make a small batch first, offer small taste test amounts and survey the kid's reactions. It takes many exposures to any particular food for a student to discern a like or dislike.

We hope this cookbook will be a useful aid in increasing students' fruit and vegetable consumption. We also hope that you find it useful as you work to provide children with healthy, colorful and tasty meals that conform to the Dietary Guidelines for Americans.

Cheri F. White, MS, SFNS
Education Consultant
New Hampshire Department of Education



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STATE OF NEW HAMPSHIRE
DEPARTMENT OF HEALTH AND HUMAN SERVICES
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December, 2003

Dear Colleague:

The New Hampshire Department of Health and Human Services, Office of Community and Public Health, Bureau of Nutrition and Health Promotion, 5 A Day for Better Health Program is pleased to have had the opportunity to collaborate with the New Hampshire Department of Education, Division of Program Support, Bureau of Nutrition Programs and Services on the development of the enclosed "5 A Day Quantity Recipe Cookbook." The cookbook was produced with Team Nutrition Training Funds awarded to the New Hampshire Department of Education.

This cookbook is the product of a growing partnership with the State Department of Education and evidence that it pays to "dream out loud" with your partners. It would not have been possible without the original family-size recipes provided by a wide variety of organizations and the labors of contractor, Chef Julienne Guyette of the Atlantic Culinary Academy in Dover, New Hampshire.

In the future, the cookbook will be posted on a website. We will send you notification when the cookbook's website location is established.

We are just beginning to see the many ways that this cookbook can be utilized and encourage you to let us know how you plan to use it in your program. In addition, if you have completed or are planning similar cookbook projects, please let us know.

Sincerely,

Mindy Fitterman, M.Ed., R.D.
NH 5 A Day State Coordinator
Bureau of Nutrition and Health Promotion

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Forward

The Bureau of Nutrition at the New Hampshire Department of Education has often collaborated in the past with the New Hampshire 5 A Day for Better Health Program at the New Hampshire Department of Health and Human Services. Collaboration on this book began when it was determined that there was a certain alignment in the requirements for fruits and vegetables in both the National School Lunch and Breakfast Program (NSLP) regulations and in the recipe criteria for the 5 A Day for Better Health Program. In both programs, certain amounts of fruits and vegetables must be served. Under the USDA's traditional meal pattern for a reimbursable meal, a total of $\frac{3}{4}$ cup of fruit and/or vegetable must be served, while each serving of an official 5 A Day recipe must contain at least $\frac{1}{2}$ cup of a fruit or vegetable (in most cases), thus making a serving of many 5 A Day recipes able to be used as part of the fruit/vegetable requirement for the traditional meal pattern in the NSLP. Discussion ensued regarding the quantity alignment in fruits and vegetables, but when we began looking for official 5 A Day recipes written in quantity format, we found few. The fact was, that the oodles of approved family size 5 A Day recipes that are out there, could not be used by facilities needing to make quantities of food. In order to get recipes based on fruits and vegetables into schools, day cares or any large facility that produces many meals one must first have a quantity size recipe that includes the required amount of food component, in this case the fruit and/or vegetable component. This, plus that fact that we, as a state, need to find ways to increase the consumption of fruits and vegetables by our children for better health became the reasons for creating this cookbook.

Since this cookbook is based on produce, it provides another opportunity for facilities to buy American and buy local. Purchasing fruits and vegetables while they are in season not only makes recipes taste great, but it also helps the local economy. So, whenever you can, buy American and buy local.

Respectfully Submitted,
Cheri White

5 A Day for Better Health Program

The 5 A Day for Better Health Program is a nationwide initiative to increase Americans' consumption of fruits and vegetables to 5 to 9 servings a day to promote good health and reduce the risk of some cancers and other chronic diseases.

Founded in 1991 as a partnership between the National Cancer Institute and the Produce for Better Health Foundation, 5 A Day is one of the most widely recognized health promotion programs in the world. The Program's strength comes from the combined efforts and resources of its partners including the support and collaboration of the National 5 A Day Partnership Steering Committee members:

- American Cancer Society
- American Heart Association
- Association of State & Territorial Directors of Health Promotion & Public Health Education
- California Department of Health Services
- Centers for Disease Control and Prevention
- National Alliance for Nutrition and Activity
- National Cancer Institute
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Fruit and Vegetable Association
- United States Department of Agriculture



The New Hampshire 5 A Day for Better Health Program supports schools, worksites and communities with their 5 A Day promotions by offering:

- Technical assistance
- Brochures, posters and recipes
- Free-loan library materials (games, curricula, cookbooks and more)
- Exhibit and speaker for professional conferences

NH 5 A Day for Better Health Program
Department of Health and Human Services
Office of Community and Public Health
Bureau of Nutrition and Health Promotion
603-271-4830
800-852-3345, Ext.4830 (NH only)



Menu Planning in the USDA National School Lunch Program

The National School Lunch Act mandates that school meals "safeguard the health and well-being of the Nation's children". Participating schools must serve lunches that are consistent with the applicable recommendations of the most recent Dietary Guidelines for Americans including: eat a variety of foods; choose a diet with plenty of grain products, vegetables and fruits; choose a diet moderate in sugars and salt; and choose a diet with 30% or less of calories from fat and less than 10% of calories from saturated fat. In addition, lunches must provide, on average over each school week, at least 1/3 of the daily Recommended Dietary Allowances for protein, iron, calcium, and vitamins A and C. To provide local food service professionals with flexibility, there are four menu planning approaches to plan healthful and appealing meals. Schools choose one of the approaches that are listed in the appendices. The choice of what specific foods are served and how they are prepared and presented is made by local schools.

Recipes

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Soups

TITLE: Bean and Barley SoupRecipe H-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/3 cup		2/3 cup	3 ¼ Tb	In a large stock pot or steam kettle heat oil over medium heat.
Onions, peeled, diced	4 #		8 #		2 #	Add onions, celery and carrots and cook until slightly tender, about 10 minutes.
Celery, diced	2 #		4 #		1 #	Add the garlic and cook an additional 2 minutes.
Carrot, diced, fresh or frozen *	4 #		8#		2 #	Add stock, soy sauce and hot sauce and bring to a boil.
Garlic, minced		3 Tb		4 Tb	2 Tb	Add barley and return to boil. Once boiling reduce heat and simmer 45 minutes until barley is tender.
Vegetable stock, low sodium		14 quart		28 quart	7 quart	Add the beans and return to simmer. Hold until service.
Soy sauce, reduced sodium		2 Tb		¼ cup	3 tsp	Serve 1 cup soup per person.
Hot pepper sauce		2 tsp		1 Tb + 1 tsp	1 tsp	
Barley, pearl		4 ½ cup		9 cup	2 ¼ cup	
Dry, canned, beans, rinse and drain*	7.5 #		15 #		3 ¾ #	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 419.5 g (14.8 oz-wt.)

Approximate preparation time: 40 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable

Family Size Recipe Name: “Barley Bean Soup”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		¼ cup		½ cup	2 Tb	Heat oil in steam kettle or large stock pot.
Onion, fresh or frozen, small diced	2 #		4 #		1#	Add onion, celery, and carrots and sweat over medium high heat for 10 minutes.
Carrot, diced, fresh or frozen*	2 #		4 #		1 #	Add mushroom, garlic, tomatoes and bay leaf and bring to simmer.
Celery, small diced	2 #		4#		1 #	Drain beans and reserve liquid.
Mushrooms, sliced, canned	24 oz		48 oz		12 oz	Add beans to soup with reserved liquid and vegetable broth and return to simmer.
Garlic, minced		3 Tb		1/3 cup	1 ½ Tb	Add macaroni and cook for 10-15 minutes, or just until macaroni is tender.
Tomatoes, diced, end reserve juice *		1- #10 can		2- #10 cans	6 cups	Add sage, thyme, oregano and black pepper and serve.
Vegetable Stock, low sodium		1 gallon		2 gallon	2 quart	Serve 1 cup (8 oz ladle or #4 scoop)
Bay leaf	3 each		6 each		2 each	
Dry Canned Beans *	104 oz		208 oz		52 oz	
Macaroni *	4 #		8 #		2 #	
Sage, ground		2 tsp		1 Tb +1 tsp	1 tsp	
Thyme, dry		2 tsp		1 Tb + 1 tsp	1 tsp	
Oregano, dry		1 tsp		2 tsp	½ tsp	
Black pepper, ground		1 tsp		2 tsp	½ tsp	

* denotes USDA commodity product taken from Food Buying Guide for Child Nutrition Programs

Serving Size: 215.2 g (7.5 oz-wt.)

Approximate preparation time: 35 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion (1 cup ladle of soup)
provides ½ cup of vegetable and ¼ cup cooked macaroni as bread

Family Size Recipe Name: “Bean and Macaroni Soup” can be found in the appendix.

Recipe Source: Produce for Better Health Foundation/National Heart, Lung, and Blood Institute

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

[illegible]

TITLE: Corn ChowderRecipe: H-10

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter	8 oz		16 oz		4 oz	Melt butter in large stockpot or tilt steam kettle.
Onions, Spanish, diced	3 #		6 #		1 ½ #	Sweat onions in butter 5 minutes over medium heat
Celery, diced	2 #		4 #		1 #	Add celery to onions and sweat over medium heat for 10 minutes.
Potatoes, diced *	8 #		16 #		4 #	Add potatoes and salt stirring occasionally for 5 minutes.
Flour, all purpose		½ cup		1 cup	¼ cup	Add flour to potatoes, coating evenly.
Water		3 qt		1.5 gallon	1.5 quart	Over medium heat cook flour 5 minutes, using caution not to burn flour. Slowly add water and stir well being sure to loosen any flour sediment on the base of the pan.
Bay leaves, dry		4 bay leaf		8 bay leaf	2 bay leaf	Add bay leaves and gently simmer until potatoes slightly tender.
Corn, frozen kernel *	4 #		8 #		2 #	Once potatoes are tender add corn and milk to the chowder and heat through. Do not boil once milk is added.
Milk, 2%		2 quart		1 gallon	1 quart	Add white pepper, and adjust seasoning with a dash of salt if necessary.
Parsley, dried		2 Tb		¼ cup	1 Tb	Finish chowder with chopped parsley.
White pepper, ground		2 tsp		4 tsp	1 tsp	Serve 8 oz. (1 cup) soup per person

* denotes USDA commodity product taken from Food Buying Guide for Child Nutrition Programs

Nutrients Per Serving

Serving Size: 237.6 g (8.3 oz-wt.)

Calories	155.8
Protein	4.4 g
Carbohydrates	25.8 g
Dietary Fiber	2.9 g
Total Fat	4.8 g
Saturated Fat	2.8 g
Cholesterol	12.8 mg
Vitamin A IU	311.2 IU
Vitamin C	20.1 mg
Calcium	71.7 mg
Iron	1.0 mg
Sodium	360.0 mg

Approximate preparation time: 35 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion provides ½ cup of vegetable

Family Size Recipe Name: “Corn Chowder”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

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TITLE: Fruit SoupRecipe H-11

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
100% Orange juice *		1.5 gallon		3 gallon	3 quart	Place all ingredients into food processor and blend until creamy and smooth. Serve 1 cup soup per person.
Skim milk		2 quart		1 gallon	1 quart	Serve well chilled.
Yogurt, non-fat plain		6 ½ quart		13 quart	3 ¼ quart	
Lemon juice		1 cup		1 pint	½ cup	
Honey		2 cup		1 quart	1 cup	
Cinnamon		2 tsp		1 ¼ Tb	1 tsp	
Nutmeg		2 tsp		1 ¼ Tb	1 tsp	
Blueberries, IQF frozen * Any fresh or frozen (thawed) fruit or canned fruit, sliced and seeded (apples, blackberries, strawberries, raspberries, bananas. Apricots, tangerines, melon, kiwi, cherries, pears or pineapple)		3 quart		1 ½ gallon	6 cups	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 332.1 g (11.7 oz-wt.)

Approximate preparation time: 15 minutes

Child Nutrition Program Serving: 1 portion provides
½ cup of fruit and ½ cup yogurt as meat/meat
alternate

Family Size Recipe Name: “Fruit Soup”
can be found in the appendix.
Recipe source: Produce for Better Health Foundation

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TITLE: Old Fashioned Vegetable SoupRecipe H-12

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Vegetables (mixture of carrots, potatoes, peas, green beans, corn) *	6#		12#		3#	Combine all ingredients in large tilt skillet, stock pot or Dutch oven.
Onion, diced, ready to use	2 #		4 #		1#	Bring to a boil.
Green pepper, diced	1 #		2 #		1/2#	Cover and reduce heat to simmer for 30-45 minutes.
Tomato juice, low sodium, cnd *		4- 48 oz cans		8- 48 oz cans	2- 48 oz cans	Remove bay leaf before serving.
Water		1 quart		2 quart	2 cups	Serve $\frac{3}{4}$ cup of soup per person.
Mushrooms, canned, sliced	24 oz		48 oz		12 oz	
Bay leaf		5 each		8 each	3 each	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 262.9 g (9.2 oz-wt.)

Calories	68.2
Protein	3.2 g
Carbohydrates	15.7 g
Dietary Fiber	4.0 g
Total Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	3273.0 IU
Vitamin C	33.9 mg
Calcium	34.4 mg
Iron	.6 mg
Sodium	177.1 mg

Approximate preparation time: 40 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(3/4 cup soup) provides ½ cup of vegetable

Family Size Recipe Name: “Old Fashioned
Vegetable Soup” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/Pictsweet
Frozen Foods

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive Oil		2 Tb		¼ cup	1 Tb	In large stockpot or steam kettle lightly sweat onion in olive oil 5 minutes over medium heat.
Onion, Spanish, diced	2 #		4 #		1 #	Add carrots and broccoli and cook stirring occasionally 5 minutes.
Carrots, diced, fresh or frozen *	2 #		4 #		1 #	Add zucchini, tomatoes (with juice), water and chicken broth and bring to boil.
Broccoli, Fresh or frozen, chopped	2 #	3 quart	4 #	6 quart	6 cup or 1#	Add pasta and beans to vegetables and cook 10 minutes or until pasta is al dente.
Zucchini, diced	1.5 #		3 #		3 cup	While pasta is cooking prepare Pesto to finish soup.
Tomatoes, cnd, no salt, chopped, reserve juice for soup		1- #10 can		2- #10 can	3.2 # or ½ #10 can	In blender, food processor or robocoupe add the fresh basil, parsley, garlic, parmesan cheese and olive oil.
Water		1 gallon		2 gallon	2 quart	Puree until smooth and uniformly blended.
Chicken Broth, low sodium		1 gallon		2 gallon	2 quart	If too thick a few drops of water can be added to help smooth consistency.
Kidney Beans, cnd, drained and rinsed*	6 #		12 #		3 #	Just before service remove soup from heat and stir in pesto. Serve 1 cup soup per person
Elbow macaroni or small shells *	2 #		4 #		1 #	If desired, soup can be garnished individually by adding ½ tsp dollop of pesto.
For Pesto		1 qt		2 qt	2 cup	
Basil, fresh leaves, washed						
Italian Parsley or Curly Parsley, fresh leaves, washed		1 qt		2 qt	2 cup	
Garlic Cloves, peeled		¼ cup		½ cup	1/8 cup	
Parmesan Cheese, finely grated		3 Tb		1/3 cup	1 ½ Tb	
Olive Oil		2 Tb		¼ cup	1 Tb	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition*

Nutrients Per Serving

Serving Size: 135.2 g (11.5 oz-wt.)

Calories	135.2
Protein	9.2 g
Carbohydrates	17.6 g
Dietary Fiber	4.2 g
Total Fat	5.0 g
Saturated Fat	1.0 g
Cholesterol	2.0 mg
Vitamin A IU	5753.6 IU
Vitamin C	78.2 mg
Calcium	96.6 mg
Iron	2.4 mg
Sodium	89.7 mg

Approximate preparation time: 35 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides 1 bread and ½ cup of vegetable

Family Size Recipe Name: “Pesto Minestrone”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Touchdown Tomato Basil SoupRecipe H-14

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Oil, olive or canola		¼ cup		½ cup	2 Tb	Heat oil in large stockpot.
Onion, diced	2 #		4 #		2 each or 1 #	Skin and dice onion. Sweat for 5 minutes over medium high heat.
Celery, diced	1 #		2#		8 stalk or ½ #	Add diced celery and diced carrots and sweat an additional 10 minutes.
Carrot, diced	1.75 #		3.5 #		4 each or ¾ #	Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes.
Garlic cloves, minced		2 Tb		¼ cup	1 Tb	Add diced tomatoes and chickpeas and return to simmer.
Spinach, stems removed, washed, roughly chopped	2 #		4 #		1 #	Add tomato sauce and vegetable broth and heat thoroughly.
Tomatoes, canned diced*	6 #	1- #10 can	12 #	2- #10 cans	3 # or ½ #10 can	Finish soup with dry basil. Adjust seasoning with salt and pepper.
Chick peas, canned*	4 #		8 #		2 #	
Tomato Sauce, low sodium		2-48oz cans		4-48 oz cans	48 fl oz	
Vegetable broth, low sodium		2 quart		1 gallon	1 quart	Serve 6 ounces (6 oz ladle or ¾ cup) portion size
Parmesan cheese		1.5 cup		3 cups	¾ cup	
Basil, dry leaves		4 tsp		2 ½ Tb	2 tsp	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 246.0 g (8.6 oz-wt.)

Calories	118.9
Protein	5.5 g
Carbohydrates	20.2 g
Dietary Fiber	4.36 g
Total Fat	2.8 g
Saturated Fat	0.8 g
Cholesterol	2.3 mg
Vitamin A IU	5606.6 IU
Vitamin C	22.4 mg
Calcium	111.4 mg
Iron	1.9 mg
Sodium	482.8 mg

Approximate preparation time: 45 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable

Family Size Recipe Name: “Touchdown
Tomato-Basil Soup” can be found in the
appendix.

Recipe Source: Produce for Better Health
Foundation/American Cancer Society

NOTES



SALADS

TITLE: Caesar-Style SaladRecipe E-24

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Non-stick cooking spray						Preheat oven to 375° F Spray evenly to coat baking sheet.
French bread, cut into 1" cubes		2 #		4 #	1 #	Spread bread for croutons onto sprayed baking sheet and bake for 10-15 minutes until golden color and crispy. Let cool.
Lemon juice		1 cup		2 cup	1/2 cup	<u>For Dressing</u> ; In a mixing bowl, combine lemon juice, Dijon mustard, garlic and black pepper.
Dijon mustard		4 Tb		½ cup	2 Tb	Whisk in oil, slowly at first and continue whisking until all of oil has been added.
Garlic, minced		4 Tb		½ cup	2 Tb	Place toasted (cooled) croutons into large bowl and drizzle with a slight amount of dressing just to coat.
Black pepper, ground		1 Tb		2 Tb	1 ½ tsp	Add chopped lettuces to croutons and add the remainder of dressing. Add parmesan cheese and toss lightly to evenly coat.
Olive oil, Extra virgin		1 cup		2 cups	½ cup	Serve 8 oz. (1 cup) salad immediately
Iceberg lettuce, cut into bite size pieces*		10 head		20 head	5 head	
Romaine lettuce, washed and spun, cut into bite size pieces*		10 head		20 head	5 head	
Parmesan cheese, grated		1 ½ cup		3 cup	¾ cup	

* denotes USDA commodity product taken from Food Buying Guide for Child Nutrition Programs

Serving Size: 196.3 g (6.8 oz-wt.)

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides 1 cup of vegetable

Family Size Recipe Name: “Caesar-Style Salad”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

[illegible]

TITLE: Orange Couscous SaladRecipe E-25

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Water		3 quart		1 ½ gallon	6 cup	In a large saucepan heat water to a boil.
Couscous, whole wheat		2 ½ quart		5 quart	1 ¼ quart dried = 3 1/8 quart ckd**	Add couscous, turmeric and black pepper and cover.
Turmeric, ground		2 Tb		¼ cup	1 Tb	Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit.
Black pepper, ground		2 tsp		1 Tb+1 tsp	1 tsp	In a large bowl combine chickpeas, oranges, onion and raisins.
Chickpeas, cnd, drained*	6 ½ #		13 #		52 oz	In a separate bowl whisk together orange zest, lemon juice, olive oil and chives.
Mandarin oranges, cnd, drained	48 oz		96 oz		24 oz	Pour dressing over chickpeas mixture in bowl. Once mixed, fold in the cooled couscous.
Onion, red, small diced		3 ½ cup		7 cup	1 ¾ cup	Cover and refrigerate at least 1 hour before serving.
Raisins, seedless*		1 quart		2 quart	2 cup	Serve 1 cup salad mixture per person.
Orange zest, minced		1/3 cup		2/3 cup	3 Tb	
Lemon juice		1 ½ cup		3 cup	¾ cup	
Olive oil, extra virgin		2/3 cup		1 1/3 cup	1/3 cup	
Chives, dry		2 Tb		4 Tb	1 Tb	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

** Using the conversion factor of 2.55 (dry to cooked) taken from the Food Buying Guide

Nutrients Per Serving

Serving Size: 225.5 g (7.9 oz-wt.)

Calories	276.2
Protein	7.5 g
Carbohydrates	52.6 g
Dietary Fiber	6.7 g
Total Fat	4.5 g
Saturated Fat	0.5 g
Cholesterol	0.0 mg
Vitamin A IU	380.1 IU
Vitamin C	17.8 mg
Calcium	44.3 mg
Iron	1.6 mg
Sodium	134.7 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion provides
1 bread and ½ cup of vegetable

Family Size Recipe Name: “Orange Couscous
Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Pineapple, fresh, peeled and cored or canned, chunk*	4 #	4 each	8 #	8 each	2 each or 2 #	Place pineapple chunks in large bowl.
Kiwi fruit, peel and slice in half and then into slices		13 each		25 each	6 each	Add sliced kiwi, bananas, melon and strawberries to bowl.
Bananas, peel and sliced		10 each		20 each	5 each	<u>For dressing:</u> combine lemon juice and honey in medium bowl.
Strawberries, hulled and sliced		1 ½ quart		3 quart	3 cups	Add poppy seeds and lime rind to dressing bowl. Whisk together to blend.
Melon, honeydew or cantaloupe, peeled and medium dice or balls		1 ½ quart		3 quart	3 cups	Pour dressing over fruit and toss lightly to evenly coat fruit.
<u>For Dressing:</u> 100% pineapple juice, unsweetened		2 cup		1 quart	1 cup	Cover with food film and refrigerate at least 15 minutes for best flavor. Serve ½ cup salad per person.
Honey		½ cup		1 cup	¼ cup	
Lime zest, grated		4 tsp		2 ½ Tb	2 tsp	
Poppy seeds		2 Tb		4 Tb	1 Tb	

*denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 135.3 g (4.7 oz-wt.)

Approximate preparation time: 25 minutes

Child Nutrition Program Serving: 1 portion
provides ½ cup of fruit

Family Size Recipe Name: “Pineapple Poppy Seed Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

[illegible]

TITLE: Rainbow Fruit SaladRecipe E-27

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Mango, peeled and diced		4 each		8 each	2 each	Prepare all of the fruit as listed in Ingredients list.
Blueberries, washed*		1 quart		2 quart	2 cup	Place fruit in large bowl.
Nectarines, unpeeled and sliced		8 each		16 each	4 each	For dressing: Combine orange juice, lemon juice, honey, ginger and nutmeg. Whisk well to completely mix dressing.
Strawberries, hulled, sliced in half		2 quart		4 quart	1 quart	Pour orange honey dressing over fruit and toss lightly to coat evenly.
Grapes, red or green seedless, washed***		1 quart		2 quart	2 cups	Cover bowl with wrap and refrigerate until service.
Banana, peeled and sliced		8 each		16 each	4 each	Serve ½ cup (#8 scoop or ½ cup ladle) per person.
Kiwi fruit, peel and sliced		16 each		32 each	8 each	
<u>For Orange Honey Dressing</u>						
Orange juice, unsweetened		1 ½ cup		3 cup	¾ cup	
Lemon juice		1 cup		2 cup	½ cup	
Honey		1/3 cup		2/3 cup	3 Tb	
Ginger, ground		½ tsp		1 tsp	¼ tsp	
Nutmeg, ground		½ tsp		1 tsp	¼ tsp	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

***Please note: Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Serving Size: 157.4 g (6.41 oz-wt.)

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of fruit

Family Size Recipe Name: “Rainbow Fruit Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

[illegible]

TITLE: Raspberry Grape SaladRecipe E-28

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Yogurt, vanilla, low-fat		4 cup		8 cup	2 cup	Combine yogurt and raspberries in large bowl.
Raspberries, IQF or fresh		2 quart		4 quart	1 quart	Add mint to yogurt mixture and mix well.
Mint, dried		2 Tb		4 Tb	1 Tb	Add green and red grapes to the yogurt mixture and toss lightly to coat.
Red Grapes, seedless, washed		12 cup		24 cup	6 cup	Serve 6 oz (3/4 cup) well chilled portions.
Green Grapes, seedless, washed***		12 cup		24 cup	6 cup	

***Please Note: Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Serving Size: 116.1 g (4.1 oz-wt.)

Calories	81.0
Protein	1.7 g
Carbohydrates	18.6 g
Dietary Fiber	2.1 g
Total Fat	.8 g
Saturated Fat	0.3 g
Cholesterol	.9 mg
Vitamin A IU	99.0 IU
Vitamin C	13.3 mg
Calcium	47.2 mg
Iron	.3 mg
Sodium	14.6 mg

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(#6 scoop of fruit in sauce) provides ½ cup of fruit

Family Size Recipe Name: None for this recipe

Recipe Source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

[illegible]

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Spinach, picked to remove stems washed and spun dry	8 # or 12.8 -10 oz bags		16 # or 25.6 -10 oz bags		4 # or or 6.4- 10 oz bags	Wash and devein spinach to remove all stems. Spin in salad spinner until dry or air dry.
Pears, cored and thinly sliced*		12 each		24 each	6 each	On individual chilled salad plate assemble 1½ cup spinach on each plate
Mandarin oranges, cnd -reserve liquid for dressing	4 #		8 #		32 oz	Onto spinach arrange slices of pears and mandarin oranges. Cover with film and refrigerate until service.
<u>For Dressing:</u> 100% orange juice, unsweetened*		1 quart		2 quart	2 cup	<u>For dressing:</u> In a saucepan combine reserved mandarin orange juice, orange juice and vinegar.
White vinegar		2/3 cup		1 1/3 cup	1/3 cup	Bring mixture to boil and whisk in mustard, honey and poppy seeds.
Dijon mustard		¼ cup		½ cup	3 Tb	Combine corn starch and water to make a slurry.
Honey		¼ cup		½ cup	3 Tb	Pour corn starch slurry into saucepan while whisking dressing and bring to boil to thicken dressing.
Poppy Seeds		1 Tb+ 1 tsp		3 Tb	2 tsp	Remove from heat and chill thoroughly.
<u>For Slurry:</u> Corn starch		¼ cup		½ cup	3 Tb	At service, drizzle each salad with 2 Tb chilled orange poppy seed dressing.
Water, cold tap		¼ cup		½ cup	3 Tb	Serve 1 cup salad per person

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 171.3 g (6.0 oz-wt.)

Approximate preparation time: 25 minutes

5 A Day serving: 1 Serving

Child Nutrition Program Serving: 1 portion provides 1 cup of vegetable/fruit

Family Size Recipe Name: None for this recipe

Recipe source: Produce for Better Health Foundation

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Spinach leaves	6 #		12#		5 - 10 oz bags or 3 #	Wash and devein spinach to remove stems. Spin in salad spinner until dry or air dry.
Red onion, sliced	4 each		8 each		2 each	Skin, cut in half lengthwise and slice thin
Red pepper, julienned	6 each		12 each		3 each	Slice lengthwise, core and seed. Slice into Julienne strips.
Cucumber, sliced	4 each		8 each		2 each	Peel (optional) and slice lengthwise. Slice into thin round slices.
Oranges, sectioned*	10 each		20 each		5 each	Peel, section and remove seeds from orange.
For Dressing; Red wine vinegar		½ cup		1 cup	¼ cup	Place ¾ cup spinach in large salad bowl and garnish with ¼ cup cut vegetables and fruit.
Dijon Mustard		2 Tb		4 Tb	1 Tb	For dressing; combine in a large bowl vinegar and mustard.
100% Orange Juice *		½ cup		1 cup	¼ cup	Whisk in the orange juice and slowly whisk in oil until fully incorporated.
Olive oil		1 cup		2 cups	½ cup	Drizzle dressing over salad and toss well to coat evenly. Serve immediately.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 137.6 g (4.8 oz-wt.)

Calories	74.6
Protein	2.2 g
Carbohydrates	7.8 g
Dietary Fiber	2.7 g
Total Fat	4.6 g
Saturated Fat	0.6 g
Cholesterol	0.0 mg
Vitamin A IU	4576.8 IU
Vitamin C	59.1 mg
Calcium	71.8 mg
Iron	1.6 mg
Sodium	59.2 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides 1 cup of vegetable

Family- Size Recipe Name: "Sunshine Salad"
can be found in the appendix.

Recipe Source: National Cancer Institute

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apple, any variety, with peel, diced (local produce, if desired)		13 each		25 each	6 each	Wash apples thoroughly. Slice in half lengthwise and then into quarters. Core quarters. Cut into medium dice and place in large bowl.
Lemon juice		¼ cup		½ cup	2 Tb	Drizzle apple cuts with lemon juice and toss to coat evenly.
Grapes, seedless, washed**		3 quart		6 quart	6 cup	Wash grapes and remove from the stem. Add to apple and lemon mixture.
Yogurt, low fat, vanilla		1 ½ quart		3 quart	3 cup	Fold yogurt into apples and grapes mixing to evenly coat.
Marshmallows, miniature		1 ½ quart		3 quart	3 cup	Add marshmallows to mixture, fold in evenly and cover with food film and refrigerate.
Almonds, slivered, lightly toasted*		1 ½ cup		3 cup	¾ cup	Serve ¾ cup salad per person. Garnish individually, or entire salad with slivered almonds on top.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

**Please note: Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Nutrients Per Serving

Serving Size: 128.2 g (4.5 oz-wt.)

Calories	117.2
Protein	2.6 g
Carbohydrates	23.8 g
Dietary Fiber	2.0 g
Total Fat	2.2 g
Saturated Fat	0.4 g
Cholesterol	1.4 mg
Vitamin A IU	71.1 IU
Vitamin C	7.8 mg
Calcium	65.9 mg
Iron	0.2 mg
Sodium	22.7 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 Serving

Child Nutrition Program Serving:
1 portion provides ½ cup of fruit

Family-Size Recipe Name: “Green Treasure
Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/California
Table Grape Commission

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Tropical Fruit SaladRecipe E-31

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Canned apricots in light syrup, diced*		1 - #10 can		2 -# 10 can	½-#10 can or 3 #	Prepare ingredients as listed.
Strawberries Fresh, stemmed and halved or Frozen, IQF or Block Frozen*	4#		8#		2#	In a large bowl combine all ingredients.
Kiwi, peeled and sliced		10 each		20 each	5 each	Toss well to mix evenly and chill.
100% pineapple juice, unsweetened		48 fl oz.		2-48 oz can	2 cups	Serve 1 cup salad per person. (may also load onto skewers for fresh fruit kebabs. Note: frozen fruit not recommended on skewers)
Coconut flakes, lightly toasted	2 ½ cups		5 cups		1 ¼ cup	
Mint, dried	2 oz		4 oz		3 Tb	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 144.2 g (5.0 oz-wt.)

Calories	157.8
Protein	1.4 g
Carbohydrates	21.7 g
Dietary Fiber	3.4 g
Total Fat	1.1 g
Saturated Fat	1.0 g
Cholesterol	0.0 mg
Vitamin A IU	783.8 IU
Vitamin C	30.2 mg
Calcium	26.9 mg
Iron	1.3 mg
Sodium	11.2 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 2 servings

Child Nutrition Program Serving: 1 portion
provides 1 cup of fruit

Family-Size Recipe Name: “Tropical California
Apricot Salad” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/California
Strawberry Commission

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Spinach	6 # or 10 -10 oz bags		12 # or 20 – 10 oz bags		3 # or 5- 10 oz bags	Wash and de-vein spinach, removing all stems Air dry spinach or put into salad spinner until dry.
Olive oil	2 oz	1/4 cup	4 oz	½ cup	2 Tb	Heat olive oil in large sauté pan or tilt skillet.
Apples, red delicious	12 each		24 each		6 each	Halve apples lengthwise and cut into quarters. Remove cores. Slice into long thin slices.
Red onion, sliced	4 each		8 each		2 each	Skin and slice onion in half. Slice into thin strips or Julienne.
Balsamic vinegar	8 oz	1 cup	16 oz	2 cups	½ cup or 4 oz	Add apples and onions to hot olive oil and saute until slightly wilted and red onion begins to bleed.
Olive oil		1 cup		2 cups	½ cup	Deglaze pan with Balsamic vinegar, and remove from heat. Add remainder of olive oil and toss hot onion apple mixture into washed and dry spinach and toss well.
Almonds, sliced or slivered, toasted*		1 cup		2 cups	½ cup	Serve immediately with garnish of toasted almonds. Serve 1 cup salad per person.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size:	132.1 g (4.6 oz-wt.)
Calories	112.4
Protein	2.1 g
Carbohydrates	11.5 g
Dietary Fiber	3.2 g
Total Fat	4.6 g
Saturated Fat	1.4 g
Cholesterol	0.0 mg
Vitamin A IU	3682.0 IU
Vitamin C	18.8 mg
Calcium	65.7 mg
Iron	1.6 mg
Sodium	44.4 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion provides 1 cup of vegetable

Family-Size Recipe Name: None

Recipe source: Atlantic Culinary Academy

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Cider vinegar		2 cup		4 cup	1 cup	For dressing: combine vinegar, coulis, oil, mustard and pepper in blender or food processor. Puree until well blended. Chill dressing until ready for use.
Raspberry puree, frozen* or coulis		2 cup		4 cup	1 cup	
Vegetable oil		1 cup		2 cup	½ cup	Wash, dry and core romaine. Tear into bite size pieces and place 1 cup torn lettuce onto individual plates or bowls.
Dijon mustard		4 Tb		½ cup	2 Tb	Peel, seed and cut watermelon into 1" cubes.
Romaine lettuce		50 cup approx 14 hd		100 cup approx 28 hd	25 cup approx 7 hd	Peel, seed (if needed), and segment orange.
Watermelon, cubed		26 cup		1 ½ quart	13 cup	Pour dressing onto lettuce.
Orange segments*		13 cup		26 cup	6 ½ cup	Place ½ cup watermelon and ½ cup orange sections on top of dressed greens and serve immediately.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 222.9 g (7.8 oz-wt.)

Calories	113.7
Protein	2.1 g
Carbohydrates	17.2 g
Dietary Fiber	2.0 g
Total Fat	5.0 g
Saturated Fat	0.3 g
Cholesterol	0.0 mg
Vitamin A IU	1778.0 IU
Vitamin C	48.8 mg
Calcium	42.3 mg
Iron	1.2 mg
Sodium	46.6 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 3 servings

Child Nutrition Program Serving: 1 portion
provides 2 cups of fruit/vegetable

Family-Size Recipe Name: “Watermelon
Romaine Salad” can be found in the appendices
section.

Recipe source: Produce for Better Health Foundation/National
Watermelon Promotion Board

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



BREAKFAST ITEMS

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
All purpose flour	4 ½ #	18 cup	9 #	36 cup	9 cup	Combine flour, baking powder and sugar and sift well.
Baking powder		3 Tb		4 Tb	2 Tb	In a separate bowl place half of sliced bananas and mash to a smooth consistency.
Sugar		½ cup		1 cup	¼ cup	Add beaten egg and milk to bananas and stir until well blended.
Bananas, peeled and sliced		50 each		100 each	25 each	Add wet ingredients to bowl of dry ingredients and fold gently just to incorporate. Let batter rest.
Egg, slightly beaten*		12 each		24 each	6 each	Spray a large skillet or flat top with non-stick spray and turn heat to medium high.
Milk, 1% or reconstituted low fat*		3 quart		6 quart	6 cup	Pour batter onto hot skillet using ½ c batter for each pancake. Once bubbles appear on surface on pancakes they should be flipped.
Non-stick cooking spray						Place pancakes on plate or in hotel pan and top with remaining half of sliced bananas. Serve with warm maple syrup for a special treat. Serve 2 pancakes topped with banana.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 236.8 g (8.3 oz-wt.)

Calories	321.8
Protein	9.1 g
Carbohydrates	67.6 g
Dietary Fiber	4.0 g
Total Fat	2.6 g
Saturated Fat	1.0 g
Cholesterol	47.2 mg
Vitamin A IU	282.6 IU
Vitamin C	11.3 mg
Calcium	253.2 mg
Iron	2.9 mg
Sodium	337.5 mg

5 A Day Serving: 1 serving

Family-Size Recipe Name: “Banana Pancakes” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

[illegible]

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Waffles, Whole-grain or non-whole grain		50 each		100 each	25 each	Toast waffles until golden brown on both sides in 375° F oven for 15 minutes. Wrap waffles with foil. Keep warm until ready for service.
Unsweetened apples, canned, peeled and diced*	2 #10 cans or 12 #		4 #10 cans or 24#		1- #10 can or 6 #	Heat apples in large tilt skillet, pot or steam kettle.
Water		2 quart		1 gallon	1 quart	Add water and raisins to the heating apple mixture. Add dry spices to apple mixture and bring to a boil.
Raisins, seedless*	2 #		4 #		1#	
Cloves, ground		3 tsp		2 Tb	1 ½ tsp	
Allspice, ground		3 tsp		2 Tb	1 ½ tsp	Whisk cornstarch into cold water to make a slurry.
For slurry; Cornstarch		1/3 cup		2/3 cup	3 Tb	Pour slurry into boiling apple mixture stirring constantly to blend well. When mixture thickens remove from heat.
Water, cold		1/3 cup		2/3 cup	3 Tb	Serve 6 oz (3/4 cup) warm apple mixture over each toasted waffle. For service unwrap waffles and recrisp in 350° F oven for 5 minutes.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 181.8 g (6.41 oz-wt.)

Calories	197.7
Protein	2.9 g
Carbohydrates	42.0 g
Dietary Fiber	3.6 g
Total Fat	3.2 g
Saturated Fat	0.5 g
Cholesterol	7.7 mg
Vitamin A IU	488.1 IU
Vitamin C	0.8 mg
Calcium	92.6 mg
Iron	2.0 mg
Sodium	268.2 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion (1 CN
Approved waffle and 1 #6 scoop of fruit in sauce)
Provides 1 bread and ½ cup of fruit

Family-Size Recipe Name: “Fruit on a Raft”
can be found in the appendix.

Recipe Source: National Cancer Institute

NOTES



TITLE: Fruity Breakfast ParfaitRecipe J-6

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Bananas, peeled and sliced		13 each		25 each	6 each	In glasses or see-through cups put a base layer of 1/8 cup or approximately 3 pieces sliced bananas.
Strawberries, hulled and sliced		3 quart		6 quart	1 ½ quart	On top of bananas place an even layer of ¼ cup sliced strawberries.
Yogurt, vanilla, low fat		3 quart		6 quart	1 ½ quart	Evenly place a layer of ¼ cup yogurt on top of the strawberries.
Pineapple, chopped*		3 quart		6 quart	1 ½ quart	On top of the yogurt place an even layer of ¼ cup chopped pineapple.
Dates, chopped*		4 cup		8 cup	2 cup	Top the layer of pineapple with 1 Tb chopped dates.
Almonds, sliced, toasted*		3 cup		6 cup	1 ½ cup	Finish parfait with a sprinkle of toasted almond slices.
						Refrigerate until ready for service.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 181.4 g (6.4 oz-wt.)

Calories	192.6
Protein	5.4 g
Carbohydrates	34.2 g
Dietary Fiber	4.1 g
Total Fat	5.5 g
Saturated Fat	0.9 g
Cholesterol	2.8 mg
Vitamin A IU	79.7 IU
Vitamin C	28.4 mg
Calcium	137.6 mg
Iron	0.8 mg
Sodium	104.7 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ¼ cup yogurt as meat/meat alternate
and ½ cup of fruit

Family-Size Recipe Name: “Fruity Breakfast Parfait”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Golden Apple OatmealRecipe J-7

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Apples, fresh or canned, diced*		1 ½ gallon		3 gallon	3 quart	Combine apples, apple juice and water in steam kettle or saucepan. Bring to boil.
100% apple juice, unsweetened*		4 quart		8 quart	2 quart	Add salt, cinnamon and nutmeg.
Water		1 gallon		2 gallon	2 quart	Stir in rolled oats and cook 5 minutes stirring occasionally until oats are soft and creamy.
Salt		2 Tb		4 Tb	1 Tb	Turn heat to low, cover oats and hold until service, or place into sprayed hotel pan for steam table.
Cinnamon, ground		½ cup		1 cup	¼ cup	Serve 1 cup of cereal per person.
Nutmeg, ground		4 Tb		1/3 cup	2 Tb	
Rolled oats, uncooked*		4 quart		8 quart	2 quart	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 236.2 g (8.3 oz-wt.)

Calories	173.7
Protein	4.3 g
Carbohydrates	35.8 g
Dietary Fiber	4.9 g
Total Fat	2.1 g
Saturated Fat	0.4 g
Cholesterol	0.0 mg
Vitamin A IU	58.3 IU
Vitamin C	4.0 mg
Calcium	38.0 mg
Iron	1.9 mg
Sodium	283.6 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides 1 bread (1/2 cup cooked oats)
and 1/2 cup of fruit

Family-Size Recipe Name: “Golden Apple Oatmeal”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Onion, small diced		2 cups		1 quart	1 cup	In a large non-stick skillet, or skillet sprayed with non-stick spray, heat onions and zucchini over medium high heat 10 minutes.
Zucchini, unpeeled, grated	8 #	6 quart	16 #	12 quart	4 # or 12 cup	Add minced garlic and diced green chiles. Simmer until excess liquid is removed from vegetables.
Garlic, minced		¼ cup		1/2 cup	2 Tb	In a separate container whisk egg whites with milk and dried spices to blend well. Mixture should be slightly frothy
Chiles, canned diced green (optional)	16 oz		32 oz		8 oz	Pour egg mixture into skillet and stir constantly with spatula while egg mixture begins to coagulate. Mixture can now be poured into greased hotel pan for ease of service.
Egg whites, frozen, thawed (see note on back for frozen whole egg*)	6 #	12.5 cup	12 #	25 cup	3 # or 6 ¼ cups	Once eggs are almost completely set up place skillet under broiler or into 400° F oven for 5-10 minutes until slightly golden brown.
Milk, skim (can use reconstituted)*		3 cup		1 ½ quart	1 ½ cup	Sprinkle frittata with shredded cheese and Hold in 200° F oven until service.
Cumin, ground		2 Tb		3 Tb	1 Tb	If desired, serve with salsa.
Black pepper, ground		3 tsp		2 Tb	1 ½ tsp	
Chili powder, ground		2 Tb		4 Tb	1 Tb	
Cheddar Cheese, shredded* Salsa suggested accompaniment (optional)		2 ½ cup		5 cup	1 ¼ cup	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

	<i>Egg Whites</i>	<i>Frozen Whole Egg</i>
Serving Size:	179.4 g (6.3 oz.-wt.)	179.4 g (6.3 oz.-wt.)

Approximate preparation time: 35 minutes

5 A Day Serving: 1 Serving using egg whites only***

Child Nutrition Program Serving: 1 portion (made with egg whites as written) provides ½ cup of vegetable. 1 portion (made with an equivalent amount of whole eggs, which increases the fat) provides ½ cup vegetable and 1 serving meat/meat alternate

Family-Size Recipe Name: “Spanish Zucchini Frittata” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

NOTE: ***Recipe prepared as shown with egg whites is an approved 5 A Day recipe. Recipe prepared with whole eggs is not an approved 5 A Day recipe, but can be used in the USDA Child Nutrition Programs and can contribute to the meat/meat alternate meal component.

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TITLE: Strawberry Yogurt Breakfast SplitRecipe J-9

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Banana		50 each		100 each	25 each	Peel banana and slice lengthwise. Place onto individual plates.
Strawberries, fresh or frozen*	12 #	24 quart	24 #	48 quart	6 # or 6 quart	Top banana with #4 scoop (1 cup) sliced strawberries
Vanilla yogurt	6 #	6 quart	12 #	12 quart	6 # or 3 quart	Top berries with 4 oz (1/2 cup) yogurt.
Almonds, toasted, chopped*	14 oz	3 cup	1 ¾ #	1 ½ quart	7 oz or 1 ½ cup	Top yogurt with 1 Tb chopped almonds

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

SIDE DISHES

TITLE: Apple Glazed Sweet PotatoesRecipe I-20

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Sweet potatoes, fresh, whole	18 #		36#		9 #	Preheat oven to 375° F. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. Peel when cooled. Slice into lengthwise wedges.
100% apple juice, unsweetened*	2 quart		1 gallon		1 quart	Place apple juice in steam kettle, tilt skillet or sauté pan and reduce to ¼ over medium high heat.
Nutmeg, ground	1 oz	2 tsp	2 oz	1 Tb	1 tsp	Add nutmeg, cinnamon and salt to apple glaze and stir in pats of butter. Reduce heat.
Cinnamon, ground		2 Tb		¼ cup	1 Tb	Add sweet potatoes to apple-spice glaze, continue to stir until well coated and heated through.
Salt		2 Tb		1/8 cup	1 Tb	Hold warm until service in 200° F oven. 4 wedges per serving.
Butter, unsalted, cut into 1" pats	8 oz	1 cup	1 #	2 cups	½ cup or 4 oz	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 213.9 g (7.5 oz-wt.)

Calories	271.7
Protein	3.0 g
Carbohydrates	56.9 g
Dietary Fiber	4.4 g
Total Fat	4.0 g
Saturated Fat	2.4 g
Cholesterol	9.9 mg
Vitamin A IU	26936.5 IU
Vitamin C	15.8 mg
Calcium	70.9 mg
Iron	1.4 mg
Sodium	303.9 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion (4 sticks)
provides ½ cup of vegetable

Family-Size Recipe Name: “Apple Glazed Potatoes”
can be found in the appendix.

Recipe source: Produce for Better Health Foundation/American
Cancer Society

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Colorful Mashed PotatoesRecipe I-21

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Potatoes – medium sized*		25 each		50 each	13 each	Peel potatoes and cut into chunks. Boil 10-15 minutes until tender. Mash or run through food mill.
Oil		1 cup		2 cup	½ cup	Heat oil in large sauté pan or tilt skillet.
Onion, diced	2 #		4 #		3 each	Skin and dice onions. Sweat in oil approximately 10 minutes until slightly translucent.
Broccoli, chopped	4 #		8#		2 #	Add chopped broccoli to onions.
Carrot, diced, fresh or frozen*	2 #		4 #		1 #	Add carrots to broccoli and onion mixture. Cook for 5 minutes over medium heat. This mixture should be bright and vibrant in color. Do not overcook.
Salt		2 Tb		4 Tb	1 Tb	Season with salt and pepper.
Black pepper, ground		2 tsp		4 tsp	1 tsp	Add milk to mashed potatoes and blend to smooth consistency.
Milk, 2% or dry reconstituted*		1 ½ quart		3 quart	3 cup	Mix in sautéed vegetables mixture into potatoes and keep warm until service. Serve ½ cup portion (#8 scoop)

* denotes USDA commodity product taken from Food Buying Guide for Child Nutrition Programs

Nutrients Per Serving

Serving Size: 183.8 g (6.4 oz-wt.)

Calories	151.3
Protein	4.0 g
Carbohydrates	23.8 g
Dietary Fiber	3.1 g
Total Fat	5.1 g
Saturated Fat	0.9 g
Cholesterol	2.2 mg
Vitamin A IU	5723.4 IU
Vitamin C	47.0 mg
Calcium	65.4 mg
Iron	.7 mg
Sodium	313.3 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(1 #8 scoop) provides ½ cup of vegetable

Family-Size Recipe Name: “Colorful Mashed Potatoes”
can be found in the appendix.

Recipe Source: National Cancer Institute

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Broccoli, fresh or frozen, cuts	4 #		8 #		2 #	Steam broccoli and carrots until bright and slightly tender.
Baby carrots, fresh or frozen	2 #		4 #		1 #	Heat water chestnuts thoroughly in saucepan until heated through.
Water chestnuts, canned or frozen	2 #		4 #		1 #	In a saucepan combine orange zest, orange juice and honey. Bring mixture to a boil.
Orange zest, minced		2 Tb		4 Tb	3 tsp	Combine soy sauce and corn starch to make a slurry.
100% orange juice, unsweetened*		3 cup		1 ½ quart	1 ½ cup	While whisking, pour soy and corn starch slurry into boiling orange juice and honey mixture to thicken.
Soy sauce, reduced sodium		¼ cup		½ cup	2 Tb	Pour sauce over hot vegetables and toss lightly to coat.
Cornstarch		¼ cup		½ cup	2 Tb	Serve 1/2 cup vegetables per person.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 95.6 g (3.3 oz-wt.)

Calories	35.3
Protein	1.8 g
Carbohydrates	7.7 g
Dietary Fiber	2.1 g
Total Fat	.1 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	3572.3 IU
Vitamin C	25.6 mg
Calcium	29.3 mg
Iron	0.6 mg
Sodium	62.8 mg

Approximate preparation time: 25 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable

Family-Size Recipe Name: “Orange-Sauced
Vegetables” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/Polyp
Prevention Trial

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Red Potatoes with HerbsRecipe I-23

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Baby Red potatoes, unpeeled	12 #		24 #		6 #	In a large stockpot or steam kettle boil potatoes until just fork tender approximately 20 minutes.
Basil, dry		½ cup		¾ cup	6 Tb	While potatoes are cooking combine basil, chives, lemon juice pepper and oil in a saucepan and heat to simmer.
Chives, dry		½ cup		¾ cup	6 Tb	Drain potatoes once tender, and let the steam evaporate. Allow potatoes to air dry slightly before coating with oil mixture.
Lemon juice		½ cup		¾ cup	6 Tb	Pour hot herb and oil mixture over the cooked potatoes and toss lightly to evenly coat.
Black pepper, ground		1 ½ tsp		1 Tb	¾ tsp	Serve immediately or hold in 200° F oven until service.
Vegetable oil		2/3 cup		1 1/3 cup	1/3 cup	Serve 5-6 potatoes per person.

Nutrients Per Serving

Serving Size: 113.8 g (4.0 oz-wt.)

Calories	112.9
Protein	2.7 g
Carbohydrates	23.2 g
Dietary Fiber	2.5 g
Total Fat	1.4 g
Saturated Fat	0.1 g
Cholesterol	0.0 mg
Vitamin A IU	1398.7 IU
Vitamin C	31.4 mg
Calcium	41.8 mg
Iron	1.4 mg
Sodium	6.0 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable

Family-Size Recipe Name: “New Potatoes with
Herbs” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Roasted Butternut SquashRecipe I-24

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butternut squash, average size (use local produce, if desired)	20 #		40 #		10 #	Preheat oven to 350° F. Cut squash lengthwise into four wedges. Remove seeds from squash. Place wedges onto baking sheet that has been coated with non-stick cooking spray.
Allspice		2 tsp		1 Tb + 1tsp	1 tsp	In a small bowl mix together allspice, salt and pepper. Mist each wedge with cooking spray and dust each with allspice seasoning.
Salt		2 Tb		4 Tb	1 Tb	Bake squash 30-40 minutes until tender.
Pepper, black ground		2 tsp		1 Tb + 1 tsp	1 tsp	Serve one wedge
Spray oil, as needed to lightly coat baking sheet						

Nutrients Per Serving

Serving Size: 182.2 g (6.4 oz-wt.)

Calories	72.7
Protein	1.6 g
Carbohydrates	19.1 g
Dietary Fiber	5.1 g
Total Fat	.1 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	12703.0 IU
Vitamin C	27.4 mg
Calcium	75.0 mg
Iron	1.1 mg
Sodium	286.3 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(1 wedge) provides ½ cup of vegetable

Family-Size Recipe Name: “Roasted Butternut Squash”
can be found in the appendix.

Recipe Source: National Cancer Institute

NOTES



TITLE: Vegetable Sage StuffingRecipe I-25

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter, unsalted	¼ #	½ cup	½ #	1 cup	1/4 cup	In a large saucepan or steam kettle melt butter. Preheat oven to 375° F
Onion, skinned, diced	2 #		4 #		1 #	Add onions, celery and carrots to melted butter and cook over medium heat for 10 minutes.
Celery, diced	2 #		4 #		1 #	Add mushrooms, dry sage, poultry seasoning, pepper and peas.
Carrots, diced, fresh or frozen*	4 #		8 #		2 #	Add broth and simmer until volume of broth has reduced by ½.
Mushrooms, button, sliced	2 #		4 #		1 #	Add cubed bread and stir until evenly moistened and vegetables are uniformly spread throughout stuffing.
Frozen Green Peas*		8 cups		16 cups	4 cups	Place stuffing into 4 inch hotel pan that has been sprayed with non-stick cooking spray.
Sage, dry, ground		2 Tb		4 Tb	1 Tb	Bake uncovered for 30-45 minutes until top is slightly crispy and golden brown.
Poultry seasoning		2 Tb		4 Tb	1 Tb	Cut each hotel pan into 25 portions. Serve 1 portion per person.
Black pepper, ground		2 Tb		4 Tb	1 Tb	
Chicken broth, low sodium		3 quart		6 quart	1 ½ quart	
Bread, day-old, sliced into 1" cubes		4 #		8 #	32 slices or 2 #	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 187.4 g (6.6 oz-wt.)

Calories	149.1
Protein	5.7 g
Carbohydrates	23.9 g
Dietary Fiber	4.2 g
Total Fat	3.9 g
Saturated Fat	1.6 g
Cholesterol	4.9 mg
Vitamin A IU	5766.0 IU
Vitamin C	7.2 mg
Calcium	60.6 mg
Iron	2.0 mg
Sodium	456.9 mg

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion provides 1 bread and ½ cup of vegetable

Family-Size Recipe Name: “Vegetable Sage Stuffing” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/Polyp Prevention Trial

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association's Web site: www.aboutproduce.com

[illegible]

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Potatoes, medium sized*		50 each		100 each	25 each	Scrub potatoes clean. Prick and bake at 425°F for approximately 1 hour or until tender.
Broccoli, cuts chopped, frozen or fresh, chopped	4- 10 oz bags		8- 10 oz bags		2-10 oz bag	Cut potatoes in half lengthwise and scoop out leaving about ½ inch of potato inside. Mash pulp or run through food mill. Preheat oven to 375°F.
Milk, 1% (can use reconstituted)*		3 cup		1 ½ quart	1.5 cup	Steam broccoli cuts until tender. Add milk and cottage cheese to potatoes. Add steamed broccoli to mixture.
Cottage Cheese, low fat (1%)		9 cup		2 quart	4 ½ cup	Mix in garlic powder and dill weed. Add hot pepper sauce.
Garlic powder		2 Tb		4 Tb	1 Tb	Using a #6 scoop, place ¾ cup mashed vegetables back into potato shells and place on sheet pan lined with parchment paper.
Dill weed		2 Tb		4 Tb	1 Tb	Sprinkle each with Parmesan cheese.
Hot pepper sauce		2 Tb		4 Tb	1 Tb	Place potatoes in 375°F oven. Bake approximately 20 minutes until golden brown.
Parmesan cheese, grated		½ cup		1 cup	4 Tb	Serve one filled potato shell per person.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 236.2 g (8.33 oz-wt.)

Calories	193.0
Protein	9.7 g
Carbohydrates	37.0 g
Dietary Fiber	3.0 g
Total Fat	1.1 g
Saturated Fat	0.6 g
Cholesterol	3.1 mg
Vitamin A IU	595.4 IU
Vitamin C	33.2 mg
Calcium	81.8 mg
Iron	.9 mg
Sodium	205.1 mg

Approximate preparation time: 90 minutes
(includes baking time)

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable

Family-Size Recipe Name: “Wonderful Stuffed
Potatoes” can be found in the appendix.

Recipe Source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



MAIN DISHES

TITLE: Chicken RatatouilleRecipe D-52

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		1 ½ cup		3 cup	1 cup	Heat oil in large tilt skillet
Chicken Breast, boneless, skinless 2 oz. size when cooked		50 each		100 each	25 each	Sauté chicken 3 minutes on each side in hot oil.
Onion, Spanish, diced	2 #		4 #		1 #	Add onion, eggplant, zucchini, green pepper and mushrooms.
Eggplant, diced	2 #		4 #		1 #	Continue to stir occasionally about 10 minutes.
Zucchini, diced	2 #		4 #		1 #	Add garlic and cook 1 minute.
Green pepper, diced	2 #		4 #		1 #	Add tomatoes, including the juice from the tomatoes to the chicken and vegetables.
Mushrooms, fresh or canned, sliced	2 #		4#		1#	Add the dried basil, parsley and black pepper.
Tomatoes, canned, chopped*		2- #10 can		4- #10 can	1- #10 can	Simmer chicken until thermometer reads 165° F internal temperature.
Garlic, minced	2 oz		4 oz		6 clove	Serve 1 chicken breast with ½ cup (#8 scoop) vegetables over chicken
Dried Parsley		4 Tb		½ cup	2 Tb	
Black pepper, ground		2 Tb		1/4 cup	1 Tb	
Dried Basil Leaves		4 Tb		½ cup	2 Tb	

* denotes USDA commodity product taken from Food Buying Guide for Child Nutrition Programs

Nutrients Per Serving

Serving Size: 321.0 g (13.3 oz-wt.)

Calories	320.0
Protein	20.0 g
Carbohydrates	14.0 g
Dietary Fiber	4.0 g
Total Fat	11.0 g
Saturated Fat	2.0 g
Cholesterol	77.3 mg
Vitamin A IU	945.4 IU
Vitamin C	38.4 mg
Calcium	76.7 mg
Iron	2.9 mg
Sodium	180.0 mg

Approximate preparation time: 40 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion (one 2 ounce cooked chicken breast and 1 #8 scoop of vegetables) provides 1 meat/meat alternate and ½ cup of vegetable

Family-Size Recipe Name: “Chicken Ratatouille”
can be found in the appendix.

Recipe Source: Produce for Better Health Foundation/National Heart, Lung, and Blood Institute

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Tomato and Bean BurritosRecipe D-53

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1 cup		2 cup	½ cup	Heat oil in large stockpot, tilt skillet or steam kettle.
Tomatoes, fresh, medium diced	25 #		50 #		12.5 #	Add the tomatoes and onions to the pan. Saute for 15 minutes over medium high heat, stirring occasionally.
Onion, diced		6 cup		12 cup	3 cup	Add garlic and spices to tomato and onions and stir to combine fully.
Garlic, minced		2 Tb		1/8 cup	1 Tb	Add kidney beans and return to simmer. Add dried parsley to mixture. Remove from heat.
Chili powder, ground		2 Tb		¼ cup	1 Tb	Preheat tortillas by microwave, 1-2 minutes until warm or wrap tortillas tightly with aluminum foil and heat in 350° F oven 15 minutes.
Cumin, ground		2 tsp		1 Tb+1 tsp	1 tsp	Once tortillas are warm place ¾ cup of the filling in the center of tortilla.
Red kidney beans, canned, drained and rinsed*	8 #	4 quart	16 #	8 quart	4# or 8 cups	Sprinkle each tortilla with 2 Tb shredded cheese and fold one side over the mixture towards the center.
Parsley, dried		2 Tb		1/4 cup	1 Tb	Fold the two opposite sides toward the center and then fold onto remaining side to make a burrito.
Flour tortillas, enriched, 10 inch		50 each		100 each	25 each	Line burritos up closely onto parchment paper lined sheet pans and wrap <u>tightly</u> with plastic wrap and then top with foil.
Mozzarella or cheddar cheese, shredded*		2 ½ cup		5 cups	1 ¼ cup	To keep burritos soft until service the pan must be covered tightly. Hold in 200° F oven.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 457.1 g (16.1 oz-wt.)

Calories	502.0
Protein	19.2 g
Carbohydrates	80.3 g
Dietary Fiber	16.7 g
Total Fat	12.6 g
Saturated Fat	2.3 g
Cholesterol	5.0 mg
Vitamin A IU	1593.2 IU
Vitamin C	60.7 mg
Calcium	151.4 mg
Iron	3.7 mg
Sodium	399.0 mg

Approximate preparation time: 35 minutes

5 A Day Serving: 1 ½ servings

Child Nutrition Program Serving: 1 portion
provides 1 bread and ½ cup of vegetable

Family-Size Recipe Name: “Tomato and
Bean Burritos” can be found in the appendix.

Recipe source: Produce for Better Health Foundation/Florida
Tomato Committee

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Tomatoes with Garbanzo and Rosemary over Rotini PastaRecipe D-54

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		½ cup		1 cup	¼ cup	Heat water to cook pasta. The amount of water should be in a 4:1 ratio (water to pasta). Add pasta and cook to al dente. Place cooked pasta in sprayed hotel pans, cover tightly with wrap and hold until service in 200° F oven.
Garlic, minced		1/3 cup		2/3 cup	3 Tb	In a large skillet, heat olive oil over medium heat.
Rosemary, dried		1 Tb + 1 tsp		3 Tb	2 tsp	Add minced garlic and dried rosemary to oil to infuse the flavor into the oil. Do not brown garlic, heat approximately 2 minutes.
Red pepper flakes, crushed		1 tsp		2 tsp	½ tsp	Add crushed red pepper flakes and chopped tomatoes w/ juice.
Tomatoes, canned, diced, undrained*		2 - #10 can		4- #10 can	1- #10 can	Increase heat to medium high and simmer sauce until it begins to thicken. Approximately 8-10 minutes.
Garbanzo beans, rinsed*	7.5 #		15 #		6 cups or 3.75 #	Add garbanzo beans and dried parsley to sauce and heat thoroughly.
Parsley, dried leaves		¼ cup		½ cup	2 Tb	Place sauce in hotel pans and hold in 200° F oven until service.
Rotini pasta*	9 #		18 #		4.5 #	Serve ½ cup sauce over 1 cup cooked pasta.
Parmesan cheese, grated		1.75 cup		3 cup	¾ cup	Finish pasta with a sprinkling of Parmesan cheese.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 278.3 g (9.8 oz-wt.)

Calories	240.8
Protein	9.2 g
Carbohydrates	41.7 g
Dietary Fiber	5.0 g
Total Fat	4.5 g
Saturated Fat	1.0 g
Cholesterol	2.3 mg
Vitamin A IU	869.6 IU
Vitamin C	22.3 mg
Calcium	112.9 mg
Iron	2.8 mg
Sodium	431.0 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable and 2 bread servings.

Family-Size Recipe Name: “Garbanzos, Tomato and
Rosemary with Bowtie Pasta” can be found in the
appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter	1 ¼ #		2 ½ #		1 ¼ cup	For primavera sauce: melt butter over medium heat in large saucepan or kettle.
Flour		3 cup		6 cup	1 ½ cup	Add flour to melted butter and whisk over medium heat, making a roux.
Skim milk		2 gallon		4 gallon	1 gallon	Whisk roux continuously for approximately 5 minutes. Do not brown flour.
White pepper		2 tsp		1 Tb + 1 tsp	1 tsp	Slowly whisk milk into roux and continue whisking until fully incorporated.
Bay leaf		4 each		6 each	2 each	Add bay leaves, white pepper and garlic powder and cook white sauce on medium.
Parmesan cheese, grated	2 #		4 #		3 cup	Boil water for pasta and cook to al dente.
Lemon juice		2 Tb		¼ cup	1 Tb	Steam broccoli, cauliflower and carrots until they are bright and crisp.
Garlic powder		1 Tb		2 Tb	1 ½ tsp	Steam zucchini and peas just until heated through.
Broccoli, fresh or frozen, cut into bite size pieces.	4 #		8 #		2 #	Drain cooked pasta and place into hotel pan sprayed with non-stick spray. Hold in 200° F oven until service.
Cauliflower, fresh or frozen, cut into bite size pieces.	4 #		8 #		2 #	Place steamed vegetables in hotel pan sprayed with non-stick spray and hold in 200° F oven until service.
Carrots, baby, fresh or frozen	4 #		8 #		2 #	Add lemon juice, and ¾ of total parmesan cheese to sauce and remove from heat.
Zucchini, sliced into ½ “ x 2” strips	4 #		8 #		2 #	For service, place 1 cup pasta on plate, put ½ cup vegetables over pasta and cover vegetables with ½ cup cheese sauce.
Peas, frozen*	2 #		4 #		1 #	Can also be layered into hotel pans coated generously with non-stick spray oil and held in 200° F oven until service.
Fettuccini or other pasta*	12 #		24 #		6 #	To serve, finish with a sprinkling of remaining parmesan cheese.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 463.9 g (16.3 oz-wt.)

Calories	466.5
Protein	24.3 g
Carbohydrates	58.1 g
Dietary Fiber	6.5 g
Total Fat	15.7 g
Saturated Fat	9.5 g
Cholesterol	42.0 mg
Vitamin A IU	7087.0 IU
Vitamin C	60.7 mg
Calcium	418.6 mg
Iron	2.6 mg
Sodium	361.4 mg

Approximate preparation time: 40 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of vegetable and 2 bread servings

Family-Size Recipe Name: “Pasta Primavera”
can be found in the appendix.

Produce for Better Health Foundation/Polyp
Prevention Trial

Adapted recipe courtesy of the Produce for Better Health
Foundation. For more information, please visit the Produce
Marketing Association’s Web site: www.aboutproduce.com

NOTES



MISCELLANEOUS

TITLE: Cool ClementinesRecipe M-1

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Clementines		50 each		100 each	25 each	Peel each clementine and divide into segments.
						Onto a parchment covered sheet pan arrange clementine sections individually onto sheet pan.
						Place sheet pan into freezer for at least ½ hr to freeze solid.
						Enjoy as a refreshing treat. Once frozen these can be placed into individual portion cups and held in the freezer until service. Serve one Clementine or ½ cup fruit.

Nutrients Per Serving

Serving Size: 84.0 g (2.9 oz-wt.)

Calories	36.9
Protein	.5 g
Carbohydrates	9.4 g
Dietary Fiber	1.9 g
Total Fat	.1 g
Saturated Fat	0.0 g
Cholesterol	0.0 mg
Vitamin A IU	772.8 IU
Vitamin C	25.8 mg
Calcium	11.7 mg
Iron	0.0 mg
Sodium	.8 mg

Approximate preparation time: 60 minutes
(includes freezing time)

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(1 whole clementine) provides ½ cup of fruit

Family-Size Recipe Name: None

Recipe Source: New Hampshire Department of Education

NOTES



TITLE: Go Bananas Orange DipRecipe M-2

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Banana, peeled		25 each		50 each	12 each	Place bananas in large blender or food processor.
Yogurt, plain or vanilla (Note: if using plain add 2 Tb honey per qt)		3 ½ qt		6 quart	1 ¾ quart	Add yogurt to bananas and blend on low speed until thoroughly mixed.
Oranges, peeled and sectioned* see note below		50 each		100 each	25 each	Place dip in serving bowl or into individual ½ cup portions.
						Arrange oranges onto serving platter or onto individual plates.
Note: Any type of fruit or vegetable that makes a good dipper may be used. Favorite dippers include; strawberries, kiwi sections, watermelon, melon, apples, pineapple, carrots, celery, cucumbers, peppers, broccoli and cauliflower.						This recipe can be nicely presented with the dip located in the center of the tray and the bright and colorful dippers arranged surrounding.
						If age appropriate fruit can be skewered and stuck into a piece of dense fruit as a base, such as melon or pineapple for a dramatic presentation.

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Serving Size: 256.2 g (9.0 oz-wt.)

Calories	172.2
Protein	5.5 g
Carbohydrates	38.1 g
Dietary Fiber	4.5 g
Total Fat	1.2 g
Saturated Fat	0.6 g
Cholesterol	3.3 mg
Vitamin A IU	351.4 IU
Vitamin C	75.3 mg
Calcium	173.1 mg
Iron	.3 mg
Sodium	45.7 mg

5 A Day Serving: 1½ serving

Child Nutrition Program Serving: 1 portion provides
 ¼ cup yogurt as meat/meat alternate and ½ cup of fruit

Family-Size Recipe Name: “Go Bananas Orange Dip” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



TITLE: Polar BerriesRecipe M-3

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Grapes, seedless, red and/or green**		25 cup		50 cup	12 ½ cup	Wash grapes well and remove stems.
						Onto a parchment covered sheet pan arrange grapes individually onto sheet pan.
						Place sheet pan into freezer for at least ½ hr to freeze solid.
						Enjoy as a refreshing treat. Once frozen these can be placed into individual ½ cup portion cups and held in the freezer until service

**Please note: Grapes represent a choking hazard for young children. Please cut grapes in half for service or do not serve to young children.

Nutrients Per Serving

Serving Size: 89.6 g

Calories	63.6
Protein	.5 g
Carbohydrates	15.9 g
Dietary Fiber	.9 g
Total Fat	15.0 g
Saturated Fat	.1 g
Cholesterol	0.0 mg
Vitamin A IU	65.4 IU
Vitamin C	9.6 mg
Calcium	9.8 mg
Iron	.2 mg
Sodium	1.7 mg

Approximate preparation time: 30 minutes

5 A Day Serving: 1 Serving

Child Nutrition Program Serving: 1 portion
provides ½ cup of fruit

Family-Size Recipe Name: See Polar Berries in the appendix.

Recipe source: California Table Grape Commission/"Kids...Get
Cookin'!" California 5 A Day Campaign

NOTES



TITLE: Strawberry Yogurt ShakeRecipe M-4

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
100% pineapple juice, unsweetened, canned	2- 48 oz cans		4- 48 oz cans		1-48 oz can	Add pineapple juice, strawberries and yogurt in a gallon container. Use immersion blender to puree until smooth.* (See note below.)
Strawberries, fresh or frozen*	4 #	8 quart	16 #	16 quart	4 # or 4 quart	Add honey, milk and lemon juice to fruit puree and blend until completely incorporated.
Vanilla yogurt	4 #	2 quart	8 #	4 quart	2 # or 1 quart	Chill until service. Serve 1 ½ cup portion per person
Honey		2/3 cup		1 1/3 cup	5 Tb or 1/3 cup	* if immersion blender is not available mixture can be divided into smaller batches and blended in upright blender or robocoupe.
Milk, 2%		4 quart		1 gallon	2 quart	
Lemon juice, full strength		¼ cup		½ cup	2 Tb	

* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 265.0 g (9.3 oz-wt.)

Calories	149.2
Protein	5.5 g
Carbohydrates	28.1 g
Dietary Fiber	1.6 g
Total Fat	2.3 g
Saturated Fat	1.3 g
Cholesterol	8.5 mg
Vitamin A IU	237.0 IU
Vitamin C	37.7 mg
Calcium	196.4 mg
Iron	0.7 mg
Sodium	72.1 mg

Approximate preparation time: 20 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
½ cup of fruit

Family-Size Recipe Name: “Strawberry Yogurt Shake” can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health Foundation. For more information, please visit the Produce Marketing Association’s Web site: www.aboutproduce.com

NOTES



TITLE: Vegetable Sandwich BoosterRecipe M-5

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Zucchini, sliced		10 each		20 each	5 each	Slice zucchini in half lengthwise and then into thin slices, place in large bowl.
Grated Carrots		1 ½ quart		3 quart	3 cups	Peel and grate carrots and place in bowl with zucchini.
Red wine or Balsamic vinegar		2 cup		1 quart	1 cup	Add vinegar to bowl and toss well to mix.
Bell pepper, sliced		10 each		15 each	5 each	Core, seed and slice pepper into thin strips, add to mix.
Red onion, sliced		8 each		12 each	4 each	Skin and cut onion in half lengthwise. Slice onion into thin slices.
Salt and pepper		2 tsp each		4 tsp each	1 tsp each	Add salt, black pepper and oil to mixture. Marinate 1-2 hours or refrigerate up to 3 days.
Olive oil		3 cup		1 ½ cup	6 Tb	Serve ½ cup (#8 scoop) portion onto sandwich. Use as booster to sandwiches, or excellent on crusty French bread with slice of cheese.

Serving Size: 110.3 g (4.0 oz-wt.)

Calories	52.1
Protein	1.0 g
Carbohydrates	5.9 g
Dietary Fiber	1.6 g
Total Fat	3.2 g
Saturated Fat	0.6 g
Cholesterol	0.0 mg
Vitamin A IU	3983.3 IU
Vitamin C	20.2 mg
Calcium	16.2 mg
Iron	.4 mg
Sodium	7.0 mg

Approximate preparation time: 20 minutes
(does not include marinating time)

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion
(1 #8 scoop) provides ½ cup of vegetable

Family-Size Recipe Name: “Vegetable Sandwich Booster” can be found in the appendix.

Recipe Source: National Cancer Institute

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APPENDICES



5 A Day Family Size Recipes

Fruit on a Raft (Waffles with Apples)

Recipe Source: National Cancer Institute

Serves 2

4 frozen low fat whole grain waffles (or homemade waffles)
 1 15 ounce can unsweetened apples
 ½ cup water
 1/8 teaspoon allspice
 1/8 teaspoon cloves

Place the applesauce and water in a small saucepan. Add spices and stir over medium heat until hot. While the sauce is heating, piece the waffles in the toaster or prepare your own. When waffles are done, divide the apples among the waffles and serve.

Polar Berries

Recipe Source: California Grape Commission/"Kids...Get Cookin'!", California 5 A Day Campaign

Serves 8

2 cups seedless red or green grapes or combination

Rinse grapes and drain well.

Place grapes loosely onto cookie sheet or other freezable plate and put into the freezer. When frozen, eat as is or toss them into your favorite yogurt or salad.

Sunshine Salad

Recipe Source: National Cancer Institute

Serves 5

5 cups (packed) spinach leaves, washed and dried well
 ½ red onion, sliced thin
 ½ red pepper, sliced
 1 whole cucumber, sliced
 2 oranges, peeled and chopped into bite size pieces
 1/3 cup of bottle "lite" vinaigrette dressing (around 15 calories per tablespoon or less)

Toss all ingredients together in a large bowl. Add dressing and toss again. Serve immediately.

Chicken Ratatouille

Recipe Source: Produce for Better Health Foundation/National Heart, Lung, and Blood Institute

Serves 4

4 medium chicken breast halves, skinned, fat removed, boned, cut into 1" pieces
 1 tablespoon corn oil
 2 zucchini, about 7" long, unpeeled, thinly sliced
 1 eggplant (small), peeled, cut into 1" cubes
 1 onion (medium), thinly sliced
 1 green pepper (medium), cut in 1" pieces
 ½ lb fresh mushrooms, sliced
 1 can (16 oz) whole tomatoes, cut-up
 1 clove garlic, minced
 1 ½ teaspoon dried basil, crushed
 1 Tablespoon fresh parsley, minced
 Freshly ground black pepper

Heat oil in large non-stick skillet. Add chicken and sauté about 3 minutes, or until lightly browned. Add zucchini, eggplant, onion, green pepper, and mushrooms. Cook about 15 minutes, stirring occasionally. Add tomatoes, garlic, basil, parsley and pepper; stir and continue cooking about 5 minutes, or until chicken is tender.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Touchdown Tomato-Basil Soup

Recipe Source: Produce for Better Health Foundation

Serves 8

2 large onions, peeled and sliced lengthwise
 4 cloves of garlic, peeled and minced
 2 teaspoons olive oil
 2 cups chickpeas, drained
 2 tablespoons fresh basil, chopped and divided
 1 cup low-sodium tomato sauce
 4 cups fat free vegetable broth
 4 fresh tomatoes, diced
 2 tablespoons grated parmesan cheese

In a medium stockpot, sauté onions and garlic in oil over medium heat until tender. Add chickpeas and 1 tablespoon of basil and sauté 1 minute. Add tomato sauce, broth and tomatoes. Reduce heat and simmer for 15 minutes. Stir in the remaining basil a few minutes before serving. Top with parmesan cheese.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Vegetable Sandwich Booster

Recipe Source: National Cancer Institute

Serves 4

1 medium zucchini
 ½ cup grated carrots
 ¼ red wine or balsamic vinegar
 salt and pepper to taste
 1 bell pepper
 1 small red onion
 1 tablespoon olive oil

Slice all vegetables thinly. Toss with oil, vinegar, salt and pepper. Add to sandwiches to boost 5 A Day servings.

Roasted Butternut Squash

Recipe Source: National Cancer Institute

Serves 4

1 butternut squash, about 1 ½ - 2 pounds
 olive oil cooking spray
 1/8 teaspoon allspice
 1/8 teaspoon salt
 ¼ teaspoon pepper

Preheat oven to 350 degrees F. Cut the squash into four wedges. Remove the seeds. Mist each wedge with cooking spray and dust with allspice, salt and pepper. Bake for 40 minutes until soft.

Corn Chowder

Recipe Source: Produce for Better Health Foundation

Serves 14

2 lbs white potatoes, medium diced	3 Tablespoons flour
1 bay leaf	½ teaspoon sage
¾ lbs onions, finely diced	½ teaspoon white pepper
3 Tablespoons butter	2 cups milk
1 green bell pepper, finely diced	1 lb corn, frozen or kernels from 3 ears of corn
2 teaspoons cumin seeds	Parsley, finely chopped
4 celery ribs, finely diced	

Boil potatoes until just tender in one quart of water with bay leaf. Sauté onions, peppers, celery and cumin in butter until onions are transparent. Add sage, pepper and flour to the onion mixture with some of the potato water and stir to make a paste. Add the potatoes and the rest of the potato water and heat. Finally, add the milk and the corn heat thoroughly and garnish with parsley.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Colorful Mashed Potatoes

Recipe Source: National Cancer Institute

Serves 6

2 medium Yukon Gold potatoes cut in chunks (2 cups)
 ½ cup low fat milk
 2 teaspoons olive oil
 1 cups chopped sweet onions
 1 cup chopped carrots
 ¼ teaspoon caraway seeds
 1 cup chopped broccoli
 ¼ teaspoon salt
 ¼ teaspoon pepper

Boil the potatoes 10 to 15 minutes or until very soft. Mash and stir in the milk and set aside. Heat the oil in a skillet and sauté the onions 2 minutes. Add the carrots and caraway, cover and cook until almost tender, about 10 minutes. Add the broccoli and cook 5 minutes more. The carrots and broccoli should both be tender and bright in color. Stir in the mashed potatoes, salt and pepper. Heat through and serve.

Strawberry Yogurt Breakfast Split

Recipe Source: Produce for Better Health Foundation/California Strawberry Commission

Serves 24

24 bananas
 6 lbs fresh whole strawberries (6 qts)
 6 lbs vanilla yogurt (3 qts)
 7 oz toasted chopped almonds (1 ½ cups)

For individual servings; peel and split 1 banana. Place banana halves in serving bowl. Top with 4 ounces (1 cup) fresh strawberries, 4 ounces (1/2 cup) yogurt and 1 Tablespoon chopped, toasted almonds.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Bean and Macaroni Soup

Recipe Source: Produce for Better Health Foundation/National Heart, Lung, and Blood Institute

Serves 16

2 cans (16 oz each) Great Northern beans	1 clove garlic, minced
½ teaspoon salt	3 cups tomatoes, peeled and cut up
1 Tablespoon olive oil	1 teaspoon dried sage
½ lb fresh mushrooms, sliced	1 teaspoon dried thyme
1 cup onion, coarsely chopped	½ teaspoon dried oregano
2 cups carrots, sliced	Freshly ground black pepper
1 cup celery, coarsely chopped	1 bay leaf, crumbled
	4 cups cooked elbow macaroni

Drain beans and reserve liquid. Rinse beans. Heat oil in a 6 quart kettle; add mushrooms, onion, carrots, celery and garlic and sauté for 5 minutes. Add tomato, sage, thyme, oregano, pepper and bay leaf. Cover and cook over medium heat for 20 minutes. Cook macaroni according to package directions (do not overcook); drain. Add beans, reserved bean liquid (add water to make 4 cups), and cooked macaroni. Bring to a boil; cover and simmer until soup is heated. Stir occasionally.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Barley Bean Soup

Recipe Source: Produce for Better Health Foundation

Serves 8

1 Tablespoon canola oil
 3 carrots, diced
 9 cups vegetable stock, low sodium
 3 garlic cloves, minced
 1 can (19 oz) cannelloni beans, rinsed and drained
 3 celery ribs, diced
 1 ½ cup onions, chopped
 ¾ cup pearled barley, medium
 1 Tablespoon soy sauce, low sodium
 ¼ teaspoon hot-pepper sauce

In a 4-quart saucepan over medium heat, warm the oil. Add the celery, carrots and onions. Cook, stirring frequently, for 6 to 7 minutes, or until tender. Add the stock, barley, garlic, soy sauce and hot-pepper sauce; bring to a boil. Reduce the heat to low; cover and simmer for 50 minutes to 1 hour, or until barley is just tender. Stir in the beans; simmer for 5 to 10 minutes, or until heated through.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Fruit Soup

Recipe Source: Produce for Better Health Foundation

Serves 6

5 cups orange juice
1 cup skim milk
3 cups nonfat plain yogurt
2 tablespoons lemon juice
1 tablespoon honey
¼ teaspoon cinnamon
¼ teaspoon ground nutmeg
3 cups fresh, frozen (thawed) or canned fruit, sliced and seeded (apples, blueberries, strawberries, bananas, apricots, tangerines, melons, cherries or pineapple)

Combine orange juice, milk, yogurt, lemon juice, honey, cinnamon and nutmeg in a large bowl. Chill for 2 hours. Stir in fruit, sprinkle with mint leaves and serve.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Orange-Sauced Vegetables

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 4

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts (or other frozen mixed vegetable combination)
½ teaspoon orange peel, finely shredded
¼ cup orange juice
1 tablespoon Dijon-style mustard
1 teaspoon soy sauce

In a 1 quart microwave-safe casserole cook vegetables according to package microwave directions. While vegetables are cooking, in a small mixing bowl combine orange peel, orange juice, mustard, and soy sauce. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Wonderful Stuffed Potatoes

Recipe Source: Produce for Better Health Foundation

Serves 4

4 potatoes (medium)
¾ cup low-fat (1%) cottage cheese
¼ cup low-fat (1%) milk (or skim)
2 tablespoons margarine
1 teaspoon dill weed
¾ teaspoon herb seasoning
4-6 drops hot pepper sauce
2 teaspoons grated parmesan cheese

Prick potatoes with a fork. Bake at 425 degree F. for 60 minutes or until fork is easily inserted. Cut potatoes in half lengthwise. Scoop out potato leaving about ½ inch pulp inside shell. Mash pulp. Mix in remaining ingredients except parmesan cheese. Spoon mixture into potato shells. Sprinkle top with ¼ teaspoon parmesan cheese. Place on baking sheet and return to oven. Bake 15-20 minutes or until tops are golden brown.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Watermelon Romaine Salad

Recipe Source: Produce for Better Health Foundation/National Watermelon Promotion Board

Serves 6

3 Tablespoons cider vinegar
3 Tablespoons apricot preserves
1 Tablespoon vegetable oil
1 teaspoon Dijon mustard
¼ teaspoon garlic pepper
6 cups romaine lettuce, torn
3 cups watermelon, seeded and cubed
1 ½ cup orange segments

To make dressing, process vinegar, preserves, oil, mustard and pepper in blender or food processor until blended. Chill until ready to serve. Divide romaine among 6 salad plates. Place watermelon on top of romaine; arrange orange segments around watermelon. Spoon dressing over salad just before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Pineapple Poppy Seed Salad

Recipe Source: Produce for Better Health Foundation

Serves 4

- 1 fresh pineapple
- 2 kiwi fruit, peeled and sliced
- 2 bananas, peeled and sliced
- 1 cup strawberries
- 1 cup melon cubes or balls
- ½ cup pineapple juice (for dressing)
- 2 tablespoon lime juice (for dressing)
- 2 tablespoons honey (for dressing)
- 1 tablespoon poppy seeds (for dressing)
- 1 teaspoon lime peel, grated (for dressing)

Cut pineapple in half, lengthwise through crown. Cut fruit from shells, leaving shells intact. Cut pineapple into quarters. Trim off core and cut fruit into chunks. Combine pineapple with remaining fruit. Toss with poppy seed dressing. Marinate at least 15 minutes for the most delicious flavor. Spoon into shells to serve. Pass extra dressing to add to each serving if desired.

Poppy Seed Dressing Preparation

Combine all ingredients. Whisk to blend.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Pesto Minestrone

Recipe Source: Produce for Better Health Foundation

Serves 8

- 2 cups cauliflower (2 small heads), coarsely chopped
- 1 ½ cup zucchini (1-2 medium), chopped
- 3 cans (14.5 oz) chicken broth, reduced sodium
- 1 16 oz can tomatoes, diced, drained
- 1 cup elbow macaroni or small pasta shells
- 3 cups kidney beans or blackeyes, drained and rinsed (1 cup dry makes 3 cups cooked) or 2 cans (15 oz each)
- 1 cup carrot (1 medium), sliced
- 1 cup onion (1 medium) chopped
- 2 tablespoons olive oil (for pesto)
- 2 garlic cloves (for pesto)
- 1 cup basil leaves, fresh, loosely packed OR 1 cup Italian parsley plus 1 teaspoon dried basil leaves (for pesto)
- 1 Tablespoon water

In a 5-6 quart saucepan bring to boil ½ cup water, tomatoes, cauliflower, onion and carrots; reduce heat and simmer covered 10 minutes or until vegetables are tender. Add zucchini, beans, broth and pasta. Return to a boil, reduce heat and simmer uncovered 10 minutes. Meanwhile put all pesto ingredients in food processor or blender and process until very finely chopped. Just before serving, remove soup from heat and stir in pesto.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Green Treasure Salad

Recipe Source: Produce for Better Health Foundation/California Table Grape Commission

Serves 1

- 1 green skinned apple
- 1 cup grapes (green, seedless)
- ½ cup miniature marshmallows
- ½ cup lemon-flavored yogurt
- 2 tablespoons slivered almonds

Core and chop apple. Mix together the apple pieces, grapes, marshmallows, yogurt and almonds. Serve in small bowl.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Tropical California Apricot Salad

Recipe Source: Produce for Better Health Foundation/California Strawberry Commission

Serves 5

- 2 cups fresh apricots, pitted and sliced (about 6-8)
- 1 ½ cup kiwifruit, pared and sliced (about 3)
- ¼ cup apricot nectar
- ¼ cup coconut flakes, lightly toasted
- 1 Tablespoon fresh mint, finely chopped (or 1 teaspoon dried mint, crumbled)

In a large bowl combine all ingredients; toss and chill. Serve as a salad, or arrange fruit on wooden skewers for fresh fruit kabobs.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Orange-Sauced Vegetables

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 4

2 cups loose-pack frozen broccoli, baby carrots, and water chestnuts (or other frozen mixed vegetable combination)
½ teaspoon orange peel, finely shredded
¼ cup orange juice
1 Tablespoon mustard
1 teaspoon soy sauce

In a 1 quart microwave-safe casserole cook vegetables according to package microwave directions. While vegetables are cooking, in a small mixing bowl combine orange peel, orange juice, mustard and soy sauce. Stir with a fork or wire whisk until combined. Drain vegetables. Toss with orange juice mixture. Serve immediately.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

New Potatoes with Herbs

Recipe Source: Produce for Better Health Foundation

Serves 4

1 lb. new potatoes (approximately 20)
1 Tablespoon chopped fresh basil or thyme
1 Tablespoon chopped chives
1 teaspoon lemon juice
1 teaspoon olive oil or vegetable oil
Freshly ground black pepper

In saucepan, boil unpeeled potatoes until tender, about 15 minutes; drain. Add basil, chives, lemon juice, oil and pepper to taste. Mix lightly and serve.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Garbanzos, Tomato and Rosemary with Bowtie Pasta

Recipe Source: Produce for Better Health Foundation

Serves 6

1 tablespoon olive oil
1 tablespoon rosemary, fresh minced or 1 teaspoon dried
1 can (28 oz) tomatoes, diced, undrained
2 tablespoons parsley, minced
1 ½ cup garbanzo beans, cooked (1/2 cup dry) or 1 can (15 oz), drained
4 garlic cloves, minced
1/8 teaspoon red pepper flakes, crushed
16 oz bowtie pasta
parmesan cheese, grated

Heat oil in a large skillet over medium heat. Add garlic and rosemary; sauté 1 minute. Add pepper flakes and tomatoes. Increase heat to medium-high and cook, stirring often, until sauce thickens, about 8 minutes. Stir in garbanzos and cook until heated through. Cook pasta according to package directions. Drain and transfer to a warm serving bowl. Add sauce and parsley; stir gently. Serve with parmesan cheese.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Apple Glazed Potatoes

Recipe Source: Produce for Better Health Foundation/American Cancer Society

Serves 6

½ cup apple juice
¼ teaspoon cinnamon
½ teaspoon salt
6 sweet potatoes (small), cooked

Pour apple juice in a fry pan over low heat and stir in cinnamon and salt. Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Pasta Primavera

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 2

1 cup broccoli florets	1 tablespoon margarine (for sauce)
1 cup carrots, sliced	1 cup skim milk (for sauce)
1 cup zucchini, sliced	¼ teaspoon dried basil (for sauce)
1 cup macaroni or rotini	1/8 teaspoon black pepper (for sauce)
1 tablespoon flour (for sauce)	2 tablespoons parmesan cheese (for sauce)

Steam vegetables until tender-crisp, and cook macaroni according to package directions. In a small saucepan, melt margarine, blend in flour. Gradually stir in milk and seasoning. (Do not add cheese at this time.) Cook over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese. Pour over hot vegetables. Add macaroni and mix together.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Old Fashioned Vegetable Soup

Recipe Source: Produce for Better Health Foundation/Pictsweet Frozen Foods

Serves 8

1 package (16 oz) Frozen mixed vegetables (carrots, potatoes, peas, green beans, etc.)	1 cup mushrooms (fresh), sliced
½ cup frozen, chopped onions	1 bay leaf
¼ cup frozen chopped green peppers	1 teaspoon dried whole basil
1 can (46 oz.) low sodium tomato juice	½ teaspoon salt
½ cup winter squash	½ teaspoon pepper

Combine all ingredients in a large dutch oven. Bring to a boil. Cover; reduce heat and simmer for 30 to 45 minutes. Remove bay leaf before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Tomato and Bean Burritos

Recipe Source: Produce for Better Health Foundation/Florida Tomato Committee

Serves 4

3 tomatoes (large), approx. 2 ½ lbs.	1 teaspoon ground cumin
1 tablespoon vegetable oil	1¼ cup ckd red kidney beans or 1 (10 ½ oz) can red kidney beans, drained and rinsed
½ cup onion, chopped	2 tablespoons cilantro or parsley, chopped
1 teaspoon garlic, minced	8 6-inch flour tortillas, warmed
1-2 tablespoons chili powder	

Use tomatoes held at warm temperature until fully ripe. Core tomatoes; coarsely chop (makes about 4 cups); set aside. In a medium saucepan heat oil until hot. Add onion and garlic; cook and stir until softened, 3 to 4 minutes. Add chili powder and cumin; cook and stir for 1 minute. Add kidney beans, ¼ cup water and reserved tomatoes; bring to a boil; reduce heat and simmer, uncovered, until mixture is thickened, about 20 minutes. Stir in cilantro; remove from heat. To serve: spoon about 1/3 cup bean mixture in the center of each tortilla. Sprinkle, if desired, with chopped fresh tomatoes, shredded Monterey Jack cheese and chopped onion; roll up. Repeat with remaining tortillas.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Spanish Zucchini Frittata

Recipe source: Produce for Better Health Foundation

Serves 4

4 cups zucchini, unpeeled, grated (about 1½ lbs)	2 tablespoon onion, chopped
½ teaspoon garlic, chopped	1 can (4 oz) green chiles, diced
1 cup egg substitute (equal to 4 eggs)	2 tablespoon skim milk
½ teaspoon cumin	½ teaspoon chili powder
¼ teaspoon pepper	salsa (optional)

Spray a 10-inch skillet with non-stick coating. Sauté first three ingredients until zucchini is tender, pouring off any liquid. Add chiles. Meanwhile, mix eggs, milk and seasonings. Add to the zucchini mixture and cook until the eggs begin to set. Broil just until top is golden. Serve with salsa.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.



5 A Day Family Size Recipes

Rainbow Fruit Salad

Recipe Source: Produce for Better Health Foundation

Serves 12

1 mango, large, peeled and diced
 2 cups blueberries, fresh
 2 nectarines, unpeeled and sliced
 2 cups strawberries, fresh and halved
 2 cups grapes, seedless
 2 bananas, sliced
 1 kiwifruit, peeled and diced
 1/3 cup orange juice, unsweetened (for Honey Orange Sauce)
 1 ½ tablespoons honey (for Honey Orange Sauce)
 ¼ teaspoon ginger, ground (for Honey Orange Sauce)
 dash nutmeg

Prepare the fruit. Combine all ingredients for sauce and mix. Just before serving, pour Honey Orange Sauce over fruit.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Caesar-Style Salad

Recipe Source: Produce for Better Health Foundation

Serves 4

3 slices French bread (1/2 inch-thick) cubed
 ¼ cup lemon juice
 1 teaspoon olive oil
 2 cloves garlic, peeled and finely minced
 ¼ teaspoon pepper
 3 cups iceberg lettuce, torn
 3 cups romaine lettuce, torn
 2 tablespoons grated or finely shredded parmesan cheese

Spray baking sheet with cooking spray. Sprinkle bread cubes on baking sheet; bake at 350° F for 10 – 12 min or until toasted. Meanwhile, in a small bowl, stir together lemon juice, oil, garlic and pepper. Remove toasted bread from oven; place in a shallow bowl. Sprinkle 2 Tbl of dressing mixture over croutons; toss to coat. In a salad bowl, toss lettuces together. Add croutons, remaining dressing and parmesan cheese; toss well.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Strawberry Yogurt Shake

Recipe Source: Produce for Better Health Foundation

Serves 2

½ cup unsweetened pineapple juice
 ¾ cup plain low fat yogurt
 1 ½ cup frozen, unsweetened strawberries
 1 teaspoon granulated sugar

Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Banana Pancakes

Recipe Source: Produce for Better Health Foundation

Serves 4

1 ½ cup all purpose flour
 2 ½ teaspoons baking powder
 2 teaspoons sugar
 1 cup low fat milk
 1 egg
 4 bananas, peeled and sliced
 non-stick cooking spray

Combine flour, baking powder, sugar, milk and egg. Add two of the sliced bananas (reserve the other bananas for topping) and stir gently. Warm griddle or skillet over medium heat and coat with non-stick cooking spray. Pour ¼ cup of batter onto griddle for each pancake. Flip pancakes when air bubbles appear on the surface. Cook on other side until golden brown. Place pancakes on plate and top with remaining slice bananas. Serve with maple syrup, jam, or confectioners sugar.



5 A Day Family Size Recipes

Vegetable Sage Stuffing

Recipe Source: Produce for Better Health Foundation/Polyp Prevention Trial

Serves 8

3 cups mushrooms, sliced
 3 cups frozen French style green beans, thawed and finely chopped
 1 cup celery, diced
 1 cup carrots, finely chopped (optional)
 1 cups low sodium chicken broth or 2 packets low sodium instant chicken broth dissolved in 2 cups hot water
 1 teaspoon sage
 2 teaspoons poultry seasoning
 pepper to taste
 10 slices day-old enriched white bread cut into ½ inch cubes

in large saucepan combine mushrooms, green beans, celery, onion, carrots, and broth or dissolved broth mix. Cook, uncovered, until vegetables are tender and volume is reduced to ½ to 2/3 cup (approximately 30 – 40 minutes). Add sage, poultry seasoning, salt and pepper. Gently add in bread and transfer to 1 ½ or 2 quart casserole sprayed with non-stick cooking spray. Combine with vegetable mixture and stir until moistened. Spoon into baking dish and bake, uncovered, at 325° F for 30 – 40 minutes.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Fruity Breakfast Parfait

Recipe Source: Produce for Better Health Foundation

Serves 4

2 cups fresh pineapple, chopped
 1 cup frozen raspberries, thawed
 1 cup low fat vanilla yogurt
 1 firm, medium banana, peeled and sliced
 1/3 cup dates, chopped
 ¼ cup sliced almonds, toasted

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Golden Apple Oatmeal

Recipe Source: Produce for Better Health Foundation

Serves 1

½ cup golden delicious apples, diced
 1/3 cup each of: apple juice, water
 1/8 teaspoon salt (optional)
 dash each of: cinnamon, nutmeg
 1/3 cup quick cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Go Bananas Orange Dip

Recipe Source: Produce for Better Health Foundation

Serves 2

2 large bananas, peeled, cut into chunks
 ½ cup non-fat plain or banana yogurt
 2 oranges, peeled and sectioned

Place banana chunks into blender and add yogurt. Blend on low speed for 30 seconds or until thoroughly mixed. Place dip in serving bowl on a platter and surround with orange sections or your favorite dippers; strawberries, kiwi, apples, bananas, pineapple, carrots, cucumbers, celery, broccoli, peppers and cauliflower.



5 A Day Family Size Recipes

Orange Couscous Salad

Recipe Source: Produce for Better Health Foundation

Serves 8

2 cups water
¾ teaspoon turmeric
1 can chickpeas (16 oz), rinsed and drained
1 cup mandarin oranges, canned, drained
¼ cup lemon juice
1 tablespoon orange peel, grated
red leaf lettuce
1 12/ cup couscous, whole wheat
¼ teaspoon pepper, freshly ground black
½ cup red onions, chopped
½ cup raisins, golden
2 tablespoons olive oil
1 tablespoon chives, fresh minced

In a 1 quart saucepan over high heat, bring the water to a boil. Add the couscous, turmeric and pepper. Remove from the heat, cover and let stand for 5 minutes, or until the couscous is soft. Fluff with a fork. Transfer to a large bowl. Stir in the chickpeas, oranges, onions and raisins. In a small bowl, whisk together the lemon juice, oil, orange peel and chives. Pour over the salad and toss to mix well. Cover and refrigerate for at least 1 hour. Serve on plates lined with lettuce.

Family-size recipe courtesy of the Produce for Better Health Foundation. For more recipes, please visit the Produce Marketing Association's Web site: www.aboutproduce.com.

Recipe Comments:

Left blank on purpose

Left blank on purpose



5 A Day Criteria

Fruits and vegetables – the health benefits

Eating 5 to 9 servings of fruits and vegetables every day is a key element of the Food Guide Pyramid – a component of the Dietary Guidelines for Americans. Fruits and vegetables are low in fat and rich in fiber, minerals, phytochemicals, vitamins A and C. A diet rich in fruits and vegetables may help maintain:

- A lower risk of some cancers
- A healthy heart
- A healthy immune system
- Cholesterol levels that are already healthy
- Healthy aging
- Memory function
- Urinary tract health
- Vision health
- Strong bones and teeth

In addition, fruits and vegetables taste great, they're easy to prepare and they add color and flavor to meals!

What's a serving?

- 1 medium piece of fruit
- 1/2 cup raw, cooked, frozen or canned fruits or vegetables
- 1/2 cup raw, cooked, frozen or canned peas or beans
- 1/4 cup dried fruit
- 3/4 cup (6 ounces) 100% fruit or vegetable juice
- 1 cup raw salad vegetables

How many servings do you need?

5 A Day is based on the USDA Food Guide Pyramid, a component of the U.S. Dietary Guidelines for Americans.

Recommended Daily Servings	Fruit	Vegetables	Total
<ul style="list-style-type: none"> • Children ages 2 to 6 • Women • Some older adults 	2	3	5
<ul style="list-style-type: none"> • Older children • Teen girls • Active women • Most men 	3	4	7
<ul style="list-style-type: none"> • Teen boys • Active men 	4	5	9

Does it have to be fresh?

All fruits and vegetables processed by drying, freezing, or canning (except coconuts, olives, and nuts) may be promoted in association with the 5 A Day Program as long as:

- There is no added fat.
- There is no added sugar (sucrose, glucose, dextrose, fructose, maltose, lactose, sorbitol, mannitol, honey, corn syrup, corn syrup solids or molasses).

Do juices count?

Juice products that are 100% juice or juice concentrate without added fat or sugar may be promoted with the 5 A Day Program.

What about coconuts, olives, and nuts?

- Because they are high in fat, coconuts, olives, or nuts cannot be promoted in association with 5 A Day.
- Products and recipes with coconut, olives, or nuts can be promoted in association with 5 A Day if they meet the 5 A Day Recipe Criteria.

What's a 5 A Day recipe?

All recipes associated with the 5 A Day for Better Health Program must meet the following criteria:

- Contribute at least one serving of fruit and/or vegetable per recipe serving.
- May not contain more than
 - 30% of calories from fat;
 - 10% of calories from saturated fat;
 - 100 milligrams of cholesterol per serving;
 - 480 milligrams of sodium per serving.

Recipes not provided by the National Cancer Institute or the Produce for Better Health Foundation must be analyzed using the ESHA Food Processor.

How does each recipe in this cookbook meet the Child Nutrition Program Regulations?

For the benefit of the traditional food based and enhanced food based menu planner, the United States Department of Agriculture, Child Nutrition Program component information is listed on each recipe in this cookbook. Nutrient information is also printed for each recipe.



Meal Pattern choices in the USDA National School Lunch Program

Schools may choose from five meal patterns:

- Traditional Food Based
- Enhanced Food Based
- Nutrient Standard Menu Planning (aka NSMP or NuMenus)
- Assisted Nutrient Standard Menu Planning (aka Assisted NSMP or Assisted NuMenus)
- Any reasonable approach

The basic National School Lunch meal pattern for each of the above choices follows. For more in-depth information about the meal patterns in the NSLP and Breakfast program, please go to either www.fns.usda.gov/cnd or to the Team Nutrition document entitled Healthy School Meals Training, which is in a three-ring-binder format and was distributed to all school food authorities in 1998.

Traditional Food Based Meal Pattern Component/Quantity Basic Requirements for Lunch

The traditional meal pattern allows the meal planner to use one meal pattern for grades K-12. This meal pattern consists of the following components:

- Meat/meat alternate
2-ounce portion size of meat or an equivalent amount as meat alternate
- Bread
8 servings of bread per week and at least one serving per day
- Fruit/Vegetable
 $\frac{3}{4}$ cup total served as either a combination of a fruit and a vegetable or two different fruits or two different vegetables
- Milk
 $\frac{1}{2}$ pint

Enhanced Food Based Meal Pattern Component/Quantity Basic Requirements for Lunch

The enhanced food based meal pattern is just that, an enhancement of the traditional food based meal pattern. The enhancements help schools better conform to the principles of the Dietary Guidelines for Americans and the Food Guide Pyramid. This meal pattern choice contains the same components as the Traditional Food Based Meal Pattern, but requires the meal planner to plan quantities for two required grade groups – K-6 and 7-12. Other changes include:

- Meat/meat alternate
2-ounce portion size of meat or an equivalent amount as meat alternate
- Bread
12 servings of bread per week for grades K-6 and 15 servings for grades 7-12. At least one

bread serving per day for both groups. In addition, one grain based dessert may be credited as a bread serving daily.

- Fruit/Vegetable
Grades K-6: $\frac{3}{4}$ cup total of fruit/vegetable per day plus $\frac{1}{2}$ cup per week; Grades 7-12: 1 cup total of fruit/vegetable per day. For both grade groups this can be a combination of a fruit and a vegetable or two different fruits or two different vegetables.
- Milk
 $\frac{1}{2}$ pint

Nutrient Standard Menu Planning meal pattern for Lunch

NSMP is a menu planning choice, which allows schools to base their meal pattern on meeting nutrient standards for various age/grade groupings of students. This option requires a computer and USDA approved nutrient software to complete the nutrient analysis on the menus. The categories of nutrient standards to be met for different age/grade groups are below:

- Calories
- $\leq 30\%$ calories from fat
- $< 10\%$ calories from saturated fat
- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C

Assisted Nutrient Standard Menu Planning meal pattern for Lunch

Assisted NSMP is a menu planning choice, which allows schools to base their meal pattern on meeting nutrient standards for various age/grade groupings of students. This option requires a computer and USDA approved nutrient software to complete the nutrient analysis on the menus. The nutrient analysis is completed by another entity other than the school and is often a contracted service. The categories of nutrient standards to be met are the same as they are for the NSMP.

Any Reasonable Approach for Lunch

This option was created for schools whose meal planning efforts did not conform to any of the four previous meal planning options. Schools wishing to utilize this menu planning approach must submit their intent and menu, in writing to USDA for approval.

Hazard Analysis and Critical Control Points (HACCP)

From “HACCP for child Nutrition Programs: Building on the Basics”
developed by the National Food Service Management Institute

HACCP is a food safety system that focuses on food. It is different from other food safety systems in a facility because of this focus. The underlying goal of a HACCP system is to prevent food safety problems from happening.

HACCP stands for Hazard Analysis and Critical Control Points. The two main concepts are:

- Hazard Analysis
- Critical Control Points

Hazard Analysis

HACCP prevents food safety problems before they happen by identifying and controlling possible hazards that can contaminate food as it flows through a facility. The identification of these hazards is called a hazard analysis. A hazard analysis identifies physical, chemical, or biological hazards that may cause the children you serve to become sick or injured. For example, a toothpick found in a food is a physical hazard that can cause children to choke or break a tooth. Sanitizers that accidentally get into the food are chemical hazards that can make children ill. Harmful microorganisms, such as Salmonella are biological hazards that can make children sick.

Critical Control Points

After all possible hazards are identified, HACCP controls these hazards through critical control points. A critical control point is an essential step in the food flow to prevent, eliminate or reduce a food safety hazard to an acceptable level. If hazards are not controlled at these points, then children may become sick or injured from the food you serve them.

Key Practices for Preventing Food Hazards

Control all hazards by careful food preparation and by following these key practices:

- 1) Limit the amount of time the food is out of temperature control in the temperature danger zone (41 deg. F to 140 deg. F) to 4 hours from time of arrival at kitchen until service.*
- 2) Using hot or cold temperature controls (bimetallic, calibrated thermometers or thermocoupler).
- 3) Make sure labels clearly display chemical hazards.
- 4) Use original containers for cleaners and sanitizers.
- 5) Store cleaners and sanitizers separately from food, serving, and packaging materials.
- 6) Wash hands thoroughly and frequently after every job.
- 7) Wash fruits and vegetables with plain water. Scrub thick-skinned produce with a vegetable brush to remove any possible residues.
- 8) Inspect equipment (make sure nothing is loose) and clean after every use.
- 9) Do not repair equipment temporarily with items that could potentially fall into food.
- 10) Remove staples, nails, etc. from food packaging.

*The critical temperatures for storing, cooking, baking and holding food:

Keep food cold – 40 deg. F or lower.

Keep food hot – 140 deg. F or higher.

Reheat food to 165 deg. F or higher

For more information on HACCP see the “Resources” section of this appendix.

Internet Resources



5 A Day for Better Health Program

Centers for Disease Control and Prevention

<http://www.cdc.gov/5aday>

Dole Food Company Inc.

<http://www.dole5aday.com/>

National Cancer Institute

<http://www.5aday.gov/>

Produce for Better Health Foundation

<http://www.5aday.com/>

United States Department of Agriculture

<http://www.nal.usda.gov/>



United States Department of Agriculture (USDA)

<http://schoolmeals.nal.usda.gov>

USDA's school meals resource system. Many resources are on this site from all states.

www.nal.usda.gov/Childcare

USDA's child and adult care food program's resource system. Just like its school meals counterpart, there are many resources on this site from all states.

www.fns.usda.gov/cnd

USDA's website for the explanation of the Child Nutrition Programs.

www.ams.usda.gov

USDA's Farm Direct Marketing Website.

www.ams.usda.gov/directmarketing/coloringbook.htm

A coloring book based on farming, including fruits and vegetables.

Food Safety and Sanitation

www.fightbac.org

This website is the partnership for food safety education.

www.fsis.usda.gov

USDA's food safety and inspection service website

www.asfsa.org

Web address for the American School Food Service Association

www.nfsmi.org

Website of the National Food Service Management Institute

www.cfsan.fda.gov

Food and Drug Administration's website for the Center for Food Safety and Applied Nutrition

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5 A Day Quantity Recipe Cookbook **Student Survey Form** **Elementary School**

NAME OF RECIPE: _____

What is your grade? _____

Directions: Please circle the phrase that best describes your answer to the question

1. What did you think of the appearance (including color and presentation) of this recipe?	☺ I liked it	☹ It was ok.	☹ I did not like it.	Helpful comments about your answer to this question:
2. What did you think about the taste of the recipe?	☺ I liked it.	☹ It was ok.	☹ I did not like it.	Helpful comments about your answer to this question:
3. What did you think about the smell and texture (the way it feels in your mouth) of the recipe?	☺ I liked it.	☹ It was ok.	☹ I did not like it.	Helpful comments about your answer to this question:

ADDITIONAL COMMENTS:

5 A Day Quantity Recipe Cookbook
Student Survey Form
Middle and High School

NAME OF RECIPE: _____

What is your grade? _____



Directions: Please circle the phrase that best describes your answer to the question

1. What did you think of the appearance (including color and presentation) of this recipe?	I liked it	It was ok.	I did not like it.	Helpful comments about your answer to this question:
2. What did you think about the taste of the recipe?	I liked it.	It was ok.	I did not like it.	Helpful comments about your answer to this question:
3. What did you think about the smell and texture (the way it feels in your mouth) of the recipe?	I liked it.	It was ok.	I did not like it.	Helpful comments about your answer to this question:

ADDITIONAL COMMENTS:

5 A Day Quantity Cookbook

Survey to be completed by Foodservice

Date	
School	
Number of employees at your school	
Contact person	
Job title	
Phone	
Fax	
e-mail	
Address	
1. Had you heard of the 5 A Day Program before receiving this cookbook? <input type="checkbox"/> Yes <input type="checkbox"/> No	 
2. Had you seen either of these logos before receiving this cookbook? <input type="checkbox"/> Yes <input type="checkbox"/> No	
3. Was 5 A Day promoted at your school prior to receiving this book? <input type="checkbox"/> Yes <input type="checkbox"/> No	
4. Would you like to receive more information about the 5 A Day Program? <input type="checkbox"/> Yes <input type="checkbox"/> No	
5. Have you used any recipes from this cookbook? <input type="checkbox"/> Yes <input type="checkbox"/> No – if not, go to Question 13	
6. If yes, approximately how many recipes have you used?	
7. Which recipe has been the most liked by students? Why? Please check the one with the most answers. <input type="checkbox"/> Liked the taste. <input type="checkbox"/> Liked the color/appearance. <input type="checkbox"/> Liked the smell/texture. <input type="checkbox"/> Other – please specify: _____	
8. Which recipe is the least liked by the students? Why? Please check the one with the most answers. <input type="checkbox"/> Did not like the taste. <input type="checkbox"/> Did not like the color/appearance. <input type="checkbox"/> Did not like smell/texture. <input type="checkbox"/> Other – please specify: _____	

9. Which recipe was most liked by the teachers and staff? Why? <input type="checkbox"/> Liked the taste. <input type="checkbox"/> Liked the color/appearance <input type="checkbox"/> Liked the smell/texture <input type="checkbox"/> Other – please specify: _____
10. Which recipe was least liked by the teachers and staff? Why? <input type="checkbox"/> Did not like the taste. <input type="checkbox"/> Did not like the color/appearance <input type="checkbox"/> Did not like the smell/texture <input type="checkbox"/> Other – please specify _____
11. Out of all the recipes made to this point, were all recipes made as per recipe ingredients and instructions? <input type="checkbox"/> Yes <input type="checkbox"/> No If no, which recipes were not made as per ingredients and/or instructions and why? (Please go to #13 if needed)
12. Did you market the recipes on your menu? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, how did you do this? <input type="checkbox"/> by placing a “5 A Day” designation next to the recipe name on the newspaper menu. <input type="checkbox"/> by placing a “5 A day” designation next to the recipe name on the household menu. <input type="checkbox"/> by placing information in a newsletter to the household. <input type="checkbox"/> Other – please specify
13. We welcome your additional comments. _____ _____ _____ _____ _____ _____ _____

Please return this form to:

Cheri White
 NH Dept. of Education
 Bureau of Nutrition,
 101 Pleasant St.
 Concord, NH 03301